



flavour

for people who love local food

Bristol, Bath & South West | Issue 32 | October 2010

£3 (Where sold)

WIN!

A very hot prize
from South Devon
Chilli Farm!

NORTH CORNWALL

Eat your way around
our Atlantic Coast

Le Monde du Chocolat

Delicious ideas
for National
Chocolate Week

FRUITFUL HARVEST

*Vineyards
throughout
Europe prepare
for action*

www.flavourmagazine.com

AUTUMN MENU

STARTERS

Baked camembert with slow-roasted garlic, oils & baguette (great to share) (V)

Bowl of soup of the day with freshly baked baguette

Whisky drenched Cornish scallops with creamed spinach & pancetta

Pheasant breast with braised baby beetroots & red wine reduction

Butter poached tiger prawns on a fondue of leeks with Mrs Kirkham's cheese

OUR CLASSICS

West-country beef burger with mozzarella, chips & tomato salsa

Pork & Young's ale bangers with mashed potato, Savoy cabbage & port gravy

Beer-battered cod fillet with chips, mushy peas & tartar sauce

Gloucester ham, free-range eggs, chips & salad

Thai red curry of butternut squash, peppers & beans with jasmine rice (V)

MAIN COURSES

Salmon & haddock fishcake with chips, salad, poached egg & tartar sauce

Free-range Somerset pork belly & tiger prawns with carrot puree, green beans, mashed potato and Madeira sauce

Loin of wild Scottish highland venison with fondant potato, curly kale and port & elderberry sauce

Butternut squash, wild mushroom & ale pie with mashed potato and Savoy cabbage (V)

Gressingham duck cooked 2-ways (confit leg & pan fried breast) with garden thyme mashed potato, braised red cabbage & red wine jus

Classic beef Bourguignon with grain mustard mashed potato & braised red cabbage

Cornish "stargazy" pie of prawns, scallops, smoked haddock & cod with Norfolk royal potatoes & seasonal vegetables

Breast of free-range chicken wrapped in pancetta with black pudding, pomme anna and creamed Savoy cabbage

Slow-braised bath chaps with parsnip mash, fondant potato & curly kale

Wild game pie of venison, pheasant & wood pigeon with chips and seasonal vegetables

SIDE ORDERS

Chips

New Potatoes

Side Salad

Seasonal Vegetables

WELCOME
TO THE

WHITE
HART

Welcome to a picturesque 17th Century farmhouse where the modern British cuisine is matched only by the quality of service.

We like to do things we're passionate about at The White Hart, so whether it's wine, real ales, meat, game or fish, you can be assured that the greatest of care has been taken in selection and preparation.

We think you'll notice and appreciate the attention to detail, but why not come to find out for yourself this autumn?

White Hart | Littleton-on-Severn | Bristol | BS35 1NR
tel: 01454 412275 | www.whitehartbristol.com



Editor:
Holly Aurelius-Haddock
Email: holly@flavourmagazine.com

Deputy Editor:
Faye Allen
Email: faye@flavourmagazine.com

Art Director:
Chris Jones
Email: design@flavourmagazine.com

Advertising:
Miranda Collier, Director of Sales
Email: miranda@flavourmagazine.com

Clare Wicks, Account Manager
Email: clare@flavourmagazine.com

Photography:
Misha Gupta, Daniel Hewison, James Walker,
Jeni Meade

Contributors:
Stuart Ash, Martin Blunos, Siân Blunos, Tom
Bowles, Helen Aurelius-Haddock, Sarah Hurn,
Rebecca Gooch, Duncan Shine, Ron Faulkner,
Clare Morris and Rebecca Sullivan.

Flavour Magazine
151-153 Wick Road, Brislington, Bristol, BS4 4HH
Tel: 01179 779188 | Visit: www.flavourmagazine.com

Please send any comments or suggestions
to the publisher at the above address.

For general enquiries:
Peter Francomb
Email: peter@flavourmagazine.com

For competition entries:
Email: competitions@flavourmagazine.com

© Copyright 2010 flavourmagazine.com

All rights reserved. Material may not be reproduced
without permission of **flavour**. While we take care to
ensure that reports, reviews and features are accurate,
flavourmagazine.com accepts no liability for reader
dissatisfaction arising from the content of this
publication. The opinions expressed or advice given are
the views of the individual authors, and do not
necessarily represent the views or policies of
flavourmagazine.com

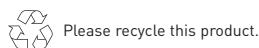
flavour magazine provides effective communication
through design. We specialise in **brochures,**
corporate identity, advertising, direct mail,
marketing and design for print.

We have a reputation for clear, creative solutions to
communication problems for a number of corporate,
sports, financial, charity and leisure industry clients.
We maintain the highest of standards, throughout
each individual project and our client relationship.
We pride ourselves on delivering distinctive designs
and ideas that will get you noticed.

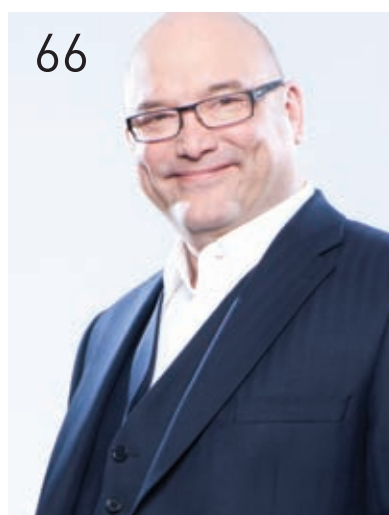
For more information, please contact
Peter Francomb
Tel: 01179 779188
Email: peter@flavourmagazine.com
Visit: www.flavourmagazine.com

Competition Terms & Conditions

In addition to any specifically stated terms and
conditions, the following applies to all competitions.
All information forms part of the rules. All entrants
are deemed to have accepted the rules and agree to
be bound by them. The winner will be the first entry
drawn at random from all the entries sent back after
the closing date and will be notified by either post,
email or telephone. The prizes are as stated; they
are non-transferable and no cash alternative will be
offered. All entrants must be at least 18 years old.
Competitions are open to UK residents only. One
entry per person. Proof of postage is not proof of
entry. **flavour** accepts no responsibility for entries
lost or damaged in the post. Entrants agree to
take part in any publicity material relating to the
competition. The name of the winner will be
published in the next edition. The judge's decision
is final and no correspondence will be entered into.
Prizes do not include unspecified extras (such
as travel). All prizes are subject to availability.
Please state if you do not wish to receive any
further correspondence from **flavour** or competition
organisers. You may be required to collect your prize.



15



66

contents

- 6 In season**
Tom Bowles and Jason Maggs
bring you the best of the
season's produce
- 11 WIN!**
A very hot prize from South
Devon Chilli Farm!
- 15 North Cornwall**
Eat your way around our
Atlantic Coast
- 40 Le Monde du Chocolat**
Delicious ideas for National
Chocolate Week
- 48 Fruitful Harvest**
European vineyards prepare for
action

welcome



Welcome to the
October issue of
flavour!

There really is never a dull moment at
flavour HQ; whether it's heading to North
Cornwall to sample the culinary delights
when the tourists go home (**PAGE 15**),
going behind the scenes with Masterchef's
Gregg Wallace (**PAGE 66**) or hunting down
the region's best lunch-time offers (**PAGE**
26), there are no limits to what we do in
the name of research!

I tell readers every year how much I love
autumn, and this year is no exception.
With the onset of the game season and
the long-awaited anticipation of harvest
time, it is surely one of the most exciting
times in the foodie calendar – turn to
(**PAGE 24**) to find out about a very special
apple crop and to (**PAGE 48**) to read about
how vineyards all over Europe are
preparing for the most important task of
the year.

Oh, and you might want to take a sneaky
peek (**on PAGE 32**) at the stunning new
collection of recipes from the great
Elizabeth David too.

We hope you enjoy reading this issue as
much as we've enjoyed making it.

Happy Eating!
Holly Aurelius-Haddock

If you have any news or events that you would like to share with us here at **flavour** then email enquiries@flavourmagazine.com

this month



BON ANNIVERSAIRE!

Champagne Joseph Perrier is celebrating its 185th birthday in style with the launch of two new Champagnes from the stunning 2002 vintage. Both the pure Chardonnay Blanc de Blancs and Rosé are made only from grapes grown in Grand and Premier Cru vineyards, presented in special edition bottles based on the original bottle shape used in 1825.

Discover for yourself why we rate these Champagnes so highly by joining Martin Gamman MW, UK representative of Champagne Joseph Perrier at the Great Western Wine shop to taste the birthday bottles, alongside the complete Joseph Perrier portfolio.

The event will take place at Great Western Wine shop in Bath on Saturday 16 October 2010 between 12-4pm. No tickets required.

GAME ON!

From pheasant, mallard, teal, widgeon and snipe to hare, rabbit and venison, the game season is upon us and Source Food Hall in St. Nick's Market are proud to stock the whole range. The chefs will prepare everything for you so it's ready to pop into the oven when you get back home. They'll also offer tips and advice on what to eat it with and how to enjoy it at its best.

The game season shows British cuisine at its best so don't feel daunted to go it alone – seek advice from Source and make a meal to remember!

0117 927 2998
www.source-food.co.uk



CLAVELSHAY BARN

The picturesque Clavelshay Barn located on the edge of the Quantock Hills offers the perfect retreat for a beautiful country dinner. Find out for yourself every Wednesday and Thursday evening throughout October and November as they're offering 2 courses for £15 and 3 courses for £20.

READ OUR
REVIEW ON
PAGE 50!

Please call 01278 662 629 to book or visit www.clavelshaybarn.co.uk



WINNERS

Congratulations to Barry Cash from Bishopston who wins a Champagne meal for two at Ronnie's Restaurant!

See the **flavour** website for an exciting competition!
www.flavourmagazine.com

ALLINGTON FARM SHOP AND CAFÉ



The seasons are changing and Allington Farm Shop in Chippenham is celebrating with an array of fresh, new and very exciting produce! Pop along to pick from the delicious variety of English apples, sacks full of homegrown potatoes, winter cabbage and much more. Everything grown and sold is used in the café kitchen and can be tasted in the homemade soups, casseroles and pies. Prepare for Christmas and place your order for the home reared turkey today and whilst you're there this month, you can pick up large cappuccino and a slice of scrumptious chocolate biscuit cake for just £3.50!

www.allingtonfarmshop.co.uk



KEITH FLOYD

The unveiling of a plaque honouring the late celebrity chef Keith Floyd is to be put up at the site of his first restaurant on Princess Victoria Street in Clifton. A charismatic and eccentric character, Keith Floyd is being recognised as the most universally known person from the area in the past century.

Mr Floyd, who died of a heart attack aged 65 in September last year, ran three restaurants in Bristol during the 1970s when his TV career began to take off. In his lifetime wrote numerous books and presented at least 20 television series, which are still being shown in over 40 countries worldwide.

flavour is proud to announce the launch of a brand new website for our sister magazine GreenLiving, your lifestyle guide to all things eco! Visit www.greenlivingmagazine.co.uk to see for yourself.

greenliving
magazine



MILSOM PLACE

TURN TO
PAGE 55
TO FIND OUT
MORE!

This month the country's top artisan cheese-makers are gathering in Bath for Fine Cheese Co. Festival at Milsom Place in Bath. Enthusiasts will be able to meet the cheese makers in person and sample their superb English cheeses.

The cast list will include many colourful characters such as Pete Humphries of White Lake Cheese from Shepton Mallett and Graham Padfield from Bath Soft Cheese. No Somerset cheese festival would be complete without cheddar and Keens is the champion of his discipline. Celebrity dairymaids Suzanne Stirke and Sue Proudfoot will be bringing their very special cheeses and big personalities too, so mark the date in your diary and come to meet them in person.

The Fine Cheese Co. Festival takes place on 30 October between 10-6pm.

www.milsomplace.co.uk

North Cornwall's finest new restaurant



Book by 31st October 2010 to stay at the 5* resort with spa and receive a **complimentary 3 course meal for two** at The Loop restaurant

Loop Restaurant and Bar

Retallack Resort and Spa,
Winnards Perch,
St. Columb Major,
Cornwall TR9 6DE
T: 01637 882400

loop

ROASTED PUMPKIN WITH TOASTED PINE KERNELS, BASIL AND SUNDRIED TOMATOES

Serves 4

Peel and chop **1 medium pumpkin** into large pieces discarding the seeds, plunge into boiling salted water for approximately 4 minutes or until just cooked, drain well and put to one side. Pour a large splash of olive oil into a non stick roasting tray and place in a pre heated oven to 180°C, when the oil is hot add the pumpkin, sprinkle with **1 tsp paprika** and roast through in the oven, occasionally turning. Chop **180g sundried tomatoes** into halves and shred a **small bunch of basil leaves**. When the pumpkin is roasted, add **120g toasted pine kernels** and the sundried tomatoes, continue to cook for two minutes then remove from the oven, and allow to drain. Finally mix through the basil, check seasoning and serve.

→ Pumpkins

The massacre of the pumpkins is not far away so have yourself some ammunition with which to put the unwanted bits to use as pumpkins can yield some wonderfully warming recipes. If cooked right pumpkin has a rich, sweet taste that works well with savoury flavours. The seeds can be roasted with salt & dried chilli as a healthy little snack and the flesh can be roasted with some big hitting herbs such as thyme or whizzed up into a thick, spicy soup. Look for weighty, firm pumpkins without blemishes. If damaged it will not store well but if left intact and healthy, it will keep for months in a cool dark place. Make sure they don't just end being carved up and left for dead on the garden wall!



At their best

→ Shallots

Shallots are part of the onion family but generally have a more delicate, sweeter flavour than their larger cousins and so don't work well as substitutes. They grow in clusters in the ground too so will often contain more than one bulb inside. Prepare as you would an onion by topping and peeling the thin skin. Banana shallots are one of the larger varieties and are easier to slice finely. Depending on their water content they store very well sometimes up to a month or two. Try roasting them whole with garlic bulbs alongside the Sunday roast or slicing finely before frying with white wine, garlic and adding a sack of mussels fresh from the beach!



SHALLOT WITH DIJON MUSTARD, AND HONEY DRESSING

Peel and roughly chop **1 small clove of garlic** and **2 large shallots**, place in a small metal bowl with **1 tbsp of Dijon mustard**, **2 tbsp water**, **1 tbsp white wine vinegar** and **1 tbsp honey**, blend with a stick blender until the onion and garlic are broken down into small pieces, gradually blend in **¼ pint of salad oil** being careful not to split the dressing, season and serve. Great for cold blanched vegetables.

ROASTED COD FILLET WITH CREAMED WILD MUSHROOMS AND NOILLY PRAT

Serves 4

Place a medium frying pan on the heat with a splash of olive oil, when the oil is hot add **1 clove of chopped garlic** and **2 peeled and finely chopped shallots**, then cook until soft add in **500g chopped mushrooms** and continue to sauté for approximately four minutes, add **100ml Noilly Prat** then continue to cook until the liquid has reduced to a minimum, add **¼ pint cream** and gently bring to the boil. Remove from the heat and season. Pan fry **4 cod portions with skin on** in a large frying pan to colour it, cook skin side down first then flip over and colour the other side. Place in hot oven and cook for approx 5 minutes or until cooked. Remove from the heat and allow resting for 3 minutes. When ready to serve re-heat the cream mushrooms, portion between four bowls and serve cod fillets on top.

→ Mushrooms

Wild mushrooms bear the colours of autumn. There are varieties available all year but they are at their most abundant at this time of year. Possibly the most well-known are the chanterelles and ceps but there are plenty of others about. It is best to equip yourself with a bit of knowledge before you head out though as some can be lethal – if you are unsure, don't risk it. As well as a knowledgeable guide, bring along a wire or wicker basket to collect them as they will decompose quickly if left in plastic. They can be left in a fridge in a moisture absorbent bag to prevent them from getting wet for a day or two. Try drying them out to preserve the flavours past their seasons. To prepare them cut away any dirt and debris. It is also a good idea to halve or quarter them to make sure they are not spoiled inside. Possibly best enjoyed fried up with a bit of butter on some crusty bread and topped with some chopped parsley.

We all know that eating with the seasons makes for healthier bodies and tastier dishes. Each month **Tom Bowles** from Hartley Farm and **Stuart Ash** from Woods Restaurant team up to bring you all you need to know about the best produce of the month.

right now

→ Apples

With over 7,000 varieties to choose from you really are spoiled for choice. Come late August, the great British classics should dominate shelves but sadly this isn't always the case. A truly classic Cox's Orange Pippin can be sidelined by a tasteless, imported beastly variety purely on aesthetics and not on taste, this is food after all! Apples should be firm with taut skin. Don't be put off by a matt or freckled surface, apples don't have to be shiny, they are better judged on their feel and fragrance. Apples should be kept cool or in the fridge. Many varieties will keep well, some for up to a month in the right conditions. Challenge yourself with some lesser known varieties such as the Worcester Pearmain or Greensleeves.



APPLE AND TARRAGON SAUCE

Peel, core and cut **700g apples** into small pieces, place in a pan along with **100ml water** and **30g sugar**, cover and cook until soft, pass the cooked apples through a sieve. Next add **juice of ¼ lemon**, **pinch of nutmeg** and **60g butter** then whisk together, allow the apple sauce to cool then mix in **1 tbsp chopped tarragon**. Serve with pork.



Let us bring the restaurant to your door!

If you've got a special event coming up or are simply after a dinner party to remember, then why not hire a private chef to cook for you in the comfort of your own home?

Our chefs are on hand to cook whatever whets your appetite. They'll construct a menu with you and give you those little tips gleaned from years of expertise in the trade.

We'll also send a waitress and take care of all the washing up, so all you have to do is concentrate on sitting back and enjoying your evening.

“ Chef For All Seasons recently catered for my dinner party of 16 guests. They went out of their way to help me, providing three exceptional menus to suit my budget - the food was excellent and exceeded all my expectations. Both the chef and the waitress were a pleasure to have around, they found their way around the kitchen and left it cleaner than when they arrived! Thanks for a most enjoyable evening; I just need an excuse to have another dinner party now! ”

Helen Nash

CFAS
chefforallseasons ●●●●●

Telephone: 0845 475 0145
www.chefforallseasons.co.uk

fab foodie reads

For bookworms who love nothing more than cooking up a feast for family and friends, our monthly selection of new releases is enough to keep anyone entertained!

THE WHOOPIE PIE BOOK CLAIRE PTAK

Square Peg £15

A whoopie is not a cookie, it's not a typical cake and it's definitely not a pie. In fact it exists in a scrumptious parallel universe somewhere between cupcakes and ice cream sandwiches and this book is the perfect introduction to getting started with baking's latest trend. Claire Ptak, pastry chef and owner of Violet, London's sell out bakery, has put together 60 mouthwatering recipes with treats for every occasion. Here at **flavour**, we are getting very excited about the rose-pistachio whoopie. Naughty but very nice!



THE HOME COOKBOOK BY MONTY AND SARAH DON

Bloomsbury £25

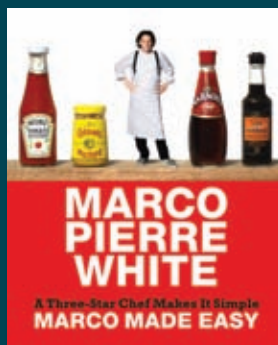
The Home Cookbook is exactly what it says on the tin – a wonderful collection of over 250 recipes celebrating the best of British domestic cooking as it has evolved over the centuries and still exists, especially in the countryside. Monty and Sarah Don share the recipes that they cook and eat at their home in Ivington, influenced more from the tradition of the Women's Institute rather than celebrity chefs. The book is arranged by meal times and full of the delights that you want to eat all year round, from hearty roasts for the winter and delicious salads for the summer.



MARCO MADE EASY BY MARCO PIERRE WHITE

Weidenfeld & Nicolson £20

The Michelin starred chef, Marco Pierre White has created recipes for 100 classic dishes using store cupboard essentials and only a few fresh ingredients, making last minute meals easy, affordable and tasty. Steak with peppercorn sauce is made with Lea and Perrins and a chicken stock cube and the turkey thigh stuffed on the bone is made with Paxo stuffing and cornflour. This book is a masterclass in producing glamorous, restaurant quality food with the simplest possible instructions. A book suitable for a busier lifestyle.



GREAT FAMILY WINE ESTATES OF FRANCE: STYLE, TRADITION, HOME BY SOLVI DOS SANTOS AND FLORENCE BRUTTON

Thames and Hudson, £28

This beautifully illustrated coffee table book is a visual journey through the private homes at the heart of the revered French wine industry. Internationally renowned photographer Solvi dos Santos reveals both the grand formality and the distinctive domesticity of the time-honoured estates of the families who have established some of the finest wine traditions on the planet. Discover the importance of local customs and the history of each estate, as well as picking up practical details such as a list of wines the estates produce and visitor information.



Halloween at Hazelwood

Spend Halloween the grown up way at a gourmet evening in Hazelwood House, a hotel in Devon whose defining elements are nature, beauty, art and space. Enjoy a firelit evening with a seasonal menu and a carefully selected glass of wine to match each course. Music will be provided by classical guitarist Adam Green throughout the evening.

Saturday 30th October at 7pm. The event is £48 per person including wines and booking is essential.

T: 01548 821232

W: www.hazelwoodhouse.com



Severnshed

Following new ownership, an innovative refurbishment of the interior and a revised menu, Severnshed on Bristol's harbourside has made a come back worth shouting about. The à la carte combines the usual favourites with new and exciting dishes such as lobster risotto, lamb Wellington and oven roasted duck. A traditional roast is available every Sunday and served until it's all gone!

T: 01179 251212

W: www.severnshedrestaurant.co.uk



flavour Loves

THIS MONTH'S MUST DO, BUY & SEE...



Smeg

Create the retro look in your kitchen with this super stylish 50's style refrigerator with ice compartment from Smeg. There are 10 different colours to choose from and it has an A+ energy rating. Nailsea Electrical are Bristol's official Smeg Centre and offer the best deals nationwide, promising to beat any price in store or online.

T: 01179 246002

W: www.nailsea-electrical.co.uk



Dancing Trousers

Based in the heart of the Cotswolds, Dancing Trousers Cookery School is the brainchild of professional chef Alexis Thompson, who teaches small groups in her own spacious kitchen. Courses are wonderfully interactive and everyone sits down with a glass of wine afterwards to enjoy the fruits of their labours. A variety of courses are available including Christmas cooking - and a course voucher makes a perfect gift too!

T: 01367 860144

W: www.dancingtrousers.co.uk



Bart Spices

To celebrate National Home Baking Week which runs from 18-24 October, we've been letting our creative side take over and using Bart Spices sugar balls to liven up our cupcakes and biscuits. In addition to the Bart's sugar balls there's a huge range of home baking ingredients that can be found on the website including jelly diamonds, vanilla sugar and arrowroot.

T: 01179 773474

W: www.bartspices.com



Made by Bob

Made By Bob opened in Cirencester last year and thanks to chef proprietor Bob Parkinson's culinary pedigree (which included a stint at Bibendum under Simon Hopkinson) people have been queuing for tables ever since! They're open from 7.30am serving fantastic food and drink throughout the day, from breakfast and mid-morning coffee through to lunch and afternoon tea. The menu changes daily and everything is freshly prepared on the day using seasonal, local produce along with some carefully selected, high quality Italian fare. It's simple stuff, done brilliantly.

T: 01285 641818

W: www.foodmadebybob.com

withcheese.co.uk

Since tasting her first chunk of Roquefort at the age of six, withcheese.co.uk founder Maxine Twynam from Bristol was hooked. Her web-based company specialises in providing high quality products to go with cheese, offering a fabulous range of accompanying food such as chutneys sourced from the South West made by Bristol-based preserving company Avon Gorgeous. Her range of gifts includes beautiful handcrafted olive wood cheese boards made in Devon.

W: www.withcheese.co.uk



WIN! A SELECTION BOX OF FIVE DELICIOUS CHILLI CHOCOLATES FROM THE SOUTH DEVON CHILLI FARM.

Flavours include original, orange, fruit and spice, peppermint and coffee bean so there's sure to be something for everyone to enjoy. South Devon Chilli Farm grow over 100 varieties of chillies and use a blend of their dried chillies to flavour and warm this smooth, dark chocolate.

T: 01548 550782

W: www.southdevonchillifarm.co.uk



To win simply email: competitions@flavourmagazine.com stating your name, address, phone number and where you got your copy of the magazine. Good luck!

“ Apples are such a diverse fruit and one that we should be proud of. We grow them best in this country because quite simply, we have the perfect climate for the job. ”

Keith Goverd

With over 2,400 apple varieties available, nipping to the supermarket for a Granny Smith or trusty Cox might be deemed as a little fruitless. We speak with specialist producer **Keith Goverd** to uncover how we can make the most from the apple harvest and enjoy one of the nation's best kept secrets...

Keith's interest in microbiology grew from humble beginnings. Riding the bus to the seaside to discover the world of biodiversity available at his fingertips spawned an inquisitive nature and a desire to understand things right to their core. After completing a degree in Microbiology, Keith began work as a consultant for the government, quickly becoming an invaluable source of knowledge in the fruit processing field.

“At the beginning I was invited to India with another consultant who taught me a lot. I did several trips to the Caribbean, Ghana, Cameroon and other third world countries working mainly on fruit processing plants.” Keith offered technical support with processing systems, often designing and building equipment from scratch as well as an imparting his encyclopaedic knowledge of fruit.

Most significantly, Keith developed a pasteuriser which most apple juice producers use on a small scale to this day. “I developed the electronics so it became a fully automatic machine meaning a high level of efficiency was achieved with minimum wastage.”

Today, Keith can be found on his farm in Compton Dando or indeed helping to run the Bath Farmers' Market every Saturday at the Greenpark Station. Keith still offers advice and consultation when he's called

upon, getting apple and fruit businesses off of the ground: “I thirst after knowledge but I wouldn't call myself an expert, just a specialist. You can't know it all. Apples are such a diverse fruit and one that we should be proud of. We grow them best in this country because quite simply, we have the perfect climate for the job. We have about 600 varieties which originate in the UK, others have been imported from places such as America, Australia and Denmark.”

Keith's apple juices, ciders and cider vinegars epitomise the highest standard of fruit processing. The apples are handpicked with a view to never using anything that couldn't be eaten. After being milled and pressed, vitamin C is added and left to settle overnight before entering pasteurisation. The juice can then be bottled for pure apple juice or fermented for cider and cider vinegar. Nothing is wasted and the cores are given to the local farmers for compost.

Being a part of an industry where producers have been undercut by aggressive marketing has meant that Keith is the last apple juice manufacturer in Compton Dando: “I probably enjoy my work more now than I ever have done. I don't tie myself to anyone now but everybody in the industry knows if they have any problems, they can always call me.” ■



The Bailiff's Cottage
The Green
Compton Dando
Bristol
BS39 4LE

www.bathfarmersmarket.co.uk
www.commonground.org.uk



Fruits of my labour:

Keith sporting the latest addition to the farm, Red Devil – a claret coloured juice made from a single variety apple.

Watergate Bay, Newquay



YOU'VE EARNED IT

ENJOY THE SOUTH WEST'S FAVOURITE ALE.
AVAILABLE IN PUBS AND SUPERMARKETS
ACROSS THE REGION. TRIBUTEALE.CO.UK

drinkaware.co.uk



REGIONAL BREWER
OF THE YEAR 2009



North Cornwall: Eat your way around the Atlantic Coast

An area that boasts 60 miles of dramatic Atlantic Heritage Coast, North Cornwall has traditionally enjoyed the same seasonal shelf life as many of the UK's coastal areas. That is until now. Because as the cooler months of the year become milder and the prospect of a tourist-free break ever more attractive, so too does the region's rugged beauty.

Steeped in history and legend alike, you can explore a myriad of country houses and castles, not forgetting of course King

Arthur's Tintagel and the enchanting Bodmin Moor. Its countless cliffs, coves and market towns are sure to remain only partly discovered for first-time visitors as will its ever-growing clusters of gastronomic havens, with the Rick Stein operation in Padstow firmly established as its backbone.

So ditch the surfboard, dig out your wind-breaker and embark on a culinary journey around a place that's fast becoming the South West's most-sought after holiday destination, all year round...

North Cornwall PADSTOW



WINTER BREAKS AT RICK STEIN'S

This winter, Rick Stein is offering a 2-night dinner, bed & breakfast short break where you will be staying in one of his rooms and dining at both The Seafood Restaurant and St Petroc's Bistro from just £21 per person. You can extend your stay for a third night and dine at Rick Stein's Café for an additional £85 per person.

Starting from Sunday 31st October 2010 until Thursday 7th April 2011.

Please call 01841 532 700 or visit www.rickstein.com for more information.



Rick Stein is somewhat misleadingly labelled a 'celebrity chef'. In fact, with his ex-wife Jill, he has four restaurants, a delicatessen, a patisserie, a seafood cookery school and 40 hotel bedrooms in the small fishing port of Padstow on the north coast of Cornwall, which has developed over the past 35 years.

Numerous hoteliers and tourists cite Rick and Jill Stein as the first to put the area on the map by attracting great chefs and foodies with their inimitable love of seafood. People flock from all over the UK to visit the range of gastronomic experiences on offer in Padstow, and are rarely disappointed. Such is the operation's presence in the area it is known as 'Padstein', and its ability to evolve and diversify seems to ensure its continued popularity.

The Seafood Restaurant had a major refurbishment in January 2008 and the new look restaurant now includes a convivial seafood bar right in the middle. Last February Rick also took over a pub, The Cornish Arms, a couple of miles outside Padstow in St Merryn. It's definitely not a gastro pub but maintains a



busy public bar for the locals and features dishes like fish pie, grilled cod with mushy peas and scampi in the basket. Rick's latest venture, Rick Stein's Fish & Chips, opened in Falmouth in March of this year.

A firm favorite with locals and visitors alike is the St. Petroc's Bistro. The atmosphere is bustling and lively with bold, modern paintings brightening the white walls of the bistro. What's more, from the beginning of this month until April of next year, diners can sample three delicious courses for only £17.50 – not to be missed!

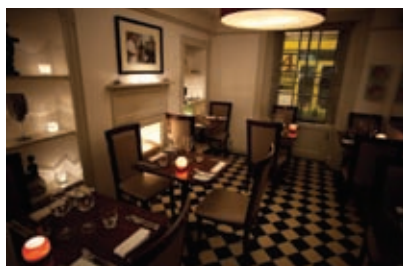
"Padstow in the winter is delightfully comfortable. Even when there's a south-westerly gale blowing out at Trevoze Head there is a feeling of being snug in the narrow streets, cosseted by warm restaurants, shops and pubs. You can take invigorating walks watching mountainous seas but on other days it is still, crisp and bright." – Rick Stein.

Paul Ainsworth@No.6

Although it is Mr. Stein that tends to bring people to Padstow, your visit won't be complete without calling into this gastronomic hotspot. Having worked under industry giants such as Gary Rhodes, Gordon Ramsay and Marcus Wareing, owner Paul Ainsworth boasts a C.V that few chefs outside London can match. The restaurant occupies a Grade II listed Georgian townhouse and offers diners a fascinating rabbit warren of different spaces; you might want to dine with friends in the private dining room come library and flick through Paul's personal collection of cookbooks, or peruse a menu in the stylish surroundings of the 40 cover restaurant while sipping on a fresh white bellini.

By no means reflected in the price, the restaurant's minimalist menu is akin to those found in many a Michelin establishment - ingredients are simply listed and their composition remains a mystery until arrival. Paul himself describes his food as 'clean with big flavours'; showcasing some of the best Cornish produce with his own unique twist.

No. 6's open-to-all policy welcomes walkers seeking a sumptuous cream tea and elegant evening diners in equal measure. What consistently exceeds expectations across the



board however is the outstanding quality and service to price ratio, and with a three-course lunch coming in at just £15, there's no excuse not to make your own mind up.

T: 01841 532093
W: www.number6inpadstow.co.uk



LOOK OUT FOR...

JACK'S

An affordable casual eatery tucked away from the hustle and bustle, serving fresh local produce on smaller plates enabling you to try more dishes and to share with friends.

T: 01841 533238
W: www.padstowjacks.co.uk

MARGOT'S

Offering just eight tables which makes for a cosy atmosphere, the staff at Margot's are friendly and the cuisine makes use of good local materials produced in a no-nonsense manner.

T: 01841 533441
W: www.margotspadstow.blogspot.com

THE HARBOUR RESTAURANT

The Harbour Restaurant at The Metropole has an AA Rosette for good food and its kitchen produces some superb fish dishes for you to try while overlooking the whole of the estuary.

T: 0800 005 3903
W: www.the-metropole.co.uk

PESCADOU

Located within town's old custom house, Pescadou has very much a mediterranean feel, which is reflected in both the menu and the decor.

T: 01841 532359
W: www.oldcustomhousepadstow.co.uk



North Cornwall ROCK

Sharp's Brewery

Since its foundation in 1994 at Rock, Sharp's Brewery - one of a new generation of breweries at the forefront of the cask beer renaissance - has grown rapidly to become the largest brewer of cask ale in the South West, producing some 74,000 barrels of beer each year, sold in thousands of pubs nationwide.



A very modern brewer, Sharp's embraces the bright future of cask beer. Integral to the Sharp's team is head brewer Stuart Howe (above), who combines his biochemical expertise and palpable passion for brewing with outstanding results, "A large part of what we do is all about creating a consistent taste without interfering chemically along the way, and although they might say different, that's why my job is far more tricky than a winemakers!" he says.

The drive to make quality and provenance the cornerstone of everything they do has led Sharp's to collaborate with other like-minded people and organisations. Food hero Rick Stein challenged Sharp's to develop a beer to be matched with seafood. Stein was so pleased with Chalky's Bite (named after his

faithful companion) that he asked Stuart to produce another beer to work with recipes he has developed. The kennel-mate brew, Chalky's Bark, is now also an award-winner.

Sharp's has also teamed up with the Eden Project to source a range of different produce, like Cornish honey, to add flavour and character to their recent range of seasonal beers. There is even a programme of growing hops at the Eden Project in a further collaboration between the two organisations.

Quality is the cornerstone of the brewery, which uses only four basic ingredients in their beers: Cornish water, UK barley, whole hops and yeast. The aim is to produce beer of the highest quality with the finest natural ingredients available and not the artificial additives commonly found in brewing today. "One of the greatest parts of my job is that I've never been put under pressure to scrimp on quality or about yield," Stuart adds, "Saying that, we still managed to produce 2.5 million pints back in July so I don't think there's much need to!"

T: 01208 862121
W: www.sharpsbrewery.co.uk



This year, Sharp's Brewery has teamed up with Michelin starred chef Nathan Outlaw at his **Seafood and Grill** restaurant, also in Rock. There will be two events in which guests will be treated to five courses of delicious, locally sourced food, demonstrated by Nathan on the night. Each dish will then be paired with a Sharp's beer, introduced by Stuart Howe. Tickets for this event are on sale now and cost £75 each. Please call 01208 863394 or email mail@nathan-outlaw.com to book.



Di's Dairy

A sign outside Di's Dairy and Pantry reads: 'A food lover's temple to the West', and whilst its modest exterior might fool passers-by, the emporium of home-cooked delights to be found inside certainly merits the title. Owners Di and Tony Dunkerley, who now plan to retire, took over the business in 1985, transforming it from a poorly stocked village shop into a friendly general store and delicatessen which still prides itself on counter service and lies at the very heart of the community.

The deli sells fine wines, more than 100 cheeses, and an irresistible array of Di's very own traditional family recipes – her treacle tart, apple Charlotte and pasties being best-sellers.



"I sometimes feel that the art of English cooking has gone by the board, and over the years I've tried to continue what I ate and learned to cook as a child. My mother was a great cook and my father a great gardener – we never wasted anything so making jams, conserves and pickles is like second nature to me," she says. So after 24 years in the business, what does retirement hold for the Dunkerleys? "My husband and I are really looking forward to enjoying the beautiful area we live in. I originally trained as an art student so I'll be attempting to get it all down on canvas too!"

T: 01208 863531
W: www.disdairyandpantry.co.uk



Tides Restaurant

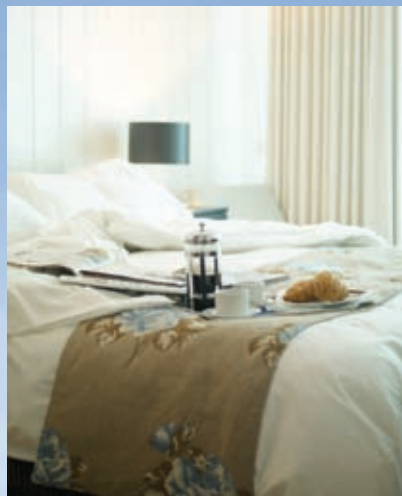
Tides Restaurant in Rock has gathered pace since it's opening in Early 2009. Manager Dominic Alders and head chef Tom Scade have brought a touch of passion and elegance to one of North Cornwall's truly idyllic spots. The restaurant offers a warm welcome on arrival and delivers a carefully considered menu which include treats from local producers, including Camel estuary mussels and oysters.

T: 01208 863679
W: www.marinersrock.com

A stone's throw away...

Taking it's original name after the war from a Swiss town renowned for haute cuisine and excellent service, The St Moritz Hotel in Wadebridge became truly international in the years that followed, with all chefs learning their trade from the best in Switzerland. Politicians, film stars, business leaders and writers were drawn to the spectacular coastal views but, most of all, to the hotel's celebrated approach to dining.

Today, the newly refurbished St Moritz pays fitting tribute to its for-bearers, and with former Marco Pierre-White protégé James O'Connor at the helm in the kitchen, the hotel's restaurant is worth the visit alone. In his own characteristically modest words, James says: "We're not chasing Rosettes, we just want to do what we do well". The former



however, seems a very likely outcome of the latter. Fans of Somerset's Babington House will also be glad to know that the hotel boasts its very own sister Cowshed Spa too.

T: 01208 862242
W: www.stmoritzhotel.co.uk



SHARP'S
ROCK • CORNWALL



Image by David Griffen



NATHAN OUTLAW

PASSIONATE ABOUT FOOD AND DRINK? PASSIONATE ABOUT FLAVOURS? PASSIONATE ABOUT LOCAL SOURCING? SO ARE WE!

To celebrate the wealth of quality local ingredients this autumn, award winning Sharp's Brewery are teaming up with Michelin starred chef, Nathan Outlaw in a celebration of food and beer.

This will include two live master classes with Nathan and Sharp's Head Brewer Stuart Howe which will feature five dishes, prepared from locally sourced ingredients each paired with a delicious Sharp's beer.

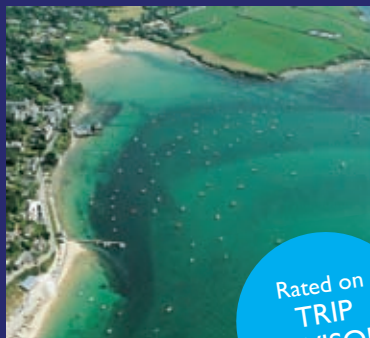
A real dining treat, not to be missed! Call 01208 863 394 or email mail@nathan-outlaw.com for more info.

If you can't make the event, don't worry. You can recreate Nathan's recipes at home using our range of recipe cards featuring dishes from the events.

To get hold of a set of these limited edition cards, simply purchase something from our online shop throughout October and type in the code FLAV01 in the comments box at the checkout.



WWW.SHARPSBREWERY.CO.UK | WWW.NATHAN-OUTLAW.CO.UK



Rated on
**TRIP
ADVISOR!**



Welcome to Tides

Tides restaurant at the Mariners Rock, is a unique experience. Our waterside location by the Camel estuary in Rock, makes this the best spot in Cornwall to take in the stunning views across the estuary, while enjoying a sophisticated dining experience.

Head Chef Tom Scade has many years experience at the Ritz hotel in London and savours creating dishes from quality Cornish produce that will excite and please your palate.

A la carte and set menus available.

For bookings, please call 01208 863679 or book online at www.marinersrock.com

Tides Restaurant,
Mariners Rock,
Slipway, Rock, PL27 6LD

e-mail tides@marinersrock.com

tides
restaurant

North Cornwall

MAWGAN PORTH

Merlin Farm

Owners of Merlin Farm Lucy and Darrel have hospitality in the blood, the latter having inherited a hotel in Newquay which he eventually sold to buy the farm three years ago. With a background in hotel architecture, Darrel set about renovating the stables, which have now been transformed into four boutique self-catering cottages.

Set in the backdrop of 27 acres of beautiful countryside overlooking the Vale of Lanherne, sustainability lies at the heart of Merlin Farm,



encompassing everything from argon filled windows and solar powered water heating to an organic hedge trimmer in the form of a donkey! Having been born and raised in Cornwall, the couple are both well-informed and forthcoming on the best places to visit, and perhaps most importantly, eat. Just as well then that Merlin Farm is less than half an hour away from Jamie's Fifteen, Rick Stein's cateries and The Eden Project.

T: 01637 860236
W: www.merlinfarm.co.uk



The Scarlet

One of the most talked about hotels of 2010, The Scarlet most recently picked up an AA award for 'Eco-Hotel of the Year' – a category which ran for the first time last month. Owned by three sisters with a vision for offering guests 'really delicious food, Cornish art and quirky stuff to make people smile', the designed hotel capitalises on its stunning coastal views through its large glass panels throughout.

The restaurant is headed up by Michelin starred chef Ben Tunncliffe, whose passion for

serving robust food showcases some of the best local fare on offer.

Expect a balance of light, airy spaces with cosy, private areas, allowing you to mix with our other guests or enjoy a bit of peace and solitude. As an adult-only venue however, families would be well advised to try its neighbouring hotel, The Bedruthen Steps.

T: 01637 861800
W: www.scarlethotel.co.uk

Carnewas Tea Room

Ben Lowe – emerging star of a Saatchi Gallery exhibition – recently depicted the area's iconic Bedruthen Steps in all their glory. Those looking to take a walk down the steps would be well advised to reward themselves with a stop-off at Carnewas Tea Room when they climb back up them. The well appointed tea room is owned by The National Trust and boasts perhaps the best cream teas to be found for miles around; no mean feat given the stiff competition.

Opening hours are seven days a week from 11-4pm.

T: 01637 860701
E: carnewas@nationaltrust.org.uk



In The Loop

A room with a view like no other, the stylish Loop Bar and Restaurant at the five-star Retallack Resort near Wadebridge is now open for lunches, evening meals and weekend breakfasts with an extreme sports twist.

Overlooking the UK's first FlowRider – a state-of-the-art 'standing' wave – the colourful, bright and airy venue is the perfect place to enjoy a light snack such as a superfoods salad, or something more filling such as pan-roasted salmon with caramelised leek and onion tart, or Ross Wither's ribeye steak with truffle mash, field mushrooms and roasted thyme tomatoes. The menu has been carefully designed to include the very best of local Cornish produce with daily specials, children's meals and a delicious range of tempting dessert options in addition to a high-quality wine and beer list. Teas and coffees are served throughout the day but for something a little more adventurous a freshly-made cocktail is certain to whet the appetite.

Conceived by Cornwall-based Absolute Design, the Loop Restaurant interior mixes fresh and funky tones of green, pink and white with light wooden panelling and stylish contemporary lighting. As comfortable as it is functional, the eating area exudes laidback sophistication – ideal for families, friends and couples – while the addition of a children's soft play area means mums and dads can relax and enjoy the bubbly atmosphere, the exhilarating sights and sounds of the FlowRider in action and the scintillating aromas of culinary delights being prepared in the open kitchen.

Having spent 10 years in Australia, Executive Chef Stephen Lloyd has returned to Cornwall with his ambition to conjure up fresh, fun and seasonal dishes. Awarded his 1 Chef Hat – Australia's equivalent to a Michelin star – at The Spirit House in Noosa, Stephen's focus has always been on using the best available produce to create unpretentious, wholesome and healthy food. "Cornwall offers such a brilliant range of fresh and interesting ingredients, the options are endless and I'm just



thrilled to be working on such an exciting and innovative project," he says.

"The Loop is going to be truly different to any other dining experience in Cornwall and it's going to be the place to come for family dining in North Cornwall. Enjoying great food whilst watching people on the UK's first FlowRider – it couldn't get much more unique," he adds.

Following on from the success of the FlowRider, the opening of the accompanying Loop Bar and Restaurant represents a milestone in the development of Retallack as the world's first inland 'surf resort'. A second, more advanced FlowRider and a 100m breaking wavepool are both in the pipeline and Retallack managers Amy and Jason Keyter are passionate about creating a safe and unique environment for guests of all ages to enjoy a revitalising, healthy and memorable experience.

Retallack Resort
Winnard Perch
St Columb Major
Cornwall
TR9 6DE

01637 882400
www.retallackresort.co.uk



There's a heavy Asian influence in Australian cuisine which I plan to use in my new menu. I think the sensational exotic flavours such as those in this dish will offer our diners something they won't find anywhere else in the area.

STEAMED SALMON WITH BLACKBEAN AND GINGER PASTE, COCONUT RICE AND BOK-CHOI

Ingredients

4 x 180g salmon fillets, skin off
150g preserved blackbeans
50ml light soy sauce
200g ginger
80g dark palm sugar
4 heads bok-choi
270g jasmine rice
270ml coconut milk
200ml water
½tsp salt
Peanut oil

Method

- Soak the beans in hot water for 10 minutes
- Drain off the liquid
- Peel the ginger and grate it finely along with the garlic

- Fry the ginger and garlic in peanut oil on low to medium heat until soft
- Add the blackbeans, sugar and soy sauce then cook for about 10 minutes slowly
- Allow to cool in plastic container
- Meanwhile, bring the coconut milk and water to boil and add salt
- Add the rice and bring back to the boil, stirring constantly
- Turn heat down to low, cover with foil and cook for 18 minutes
- Turn off heat and allow to stand for a further 10 minutes
- To serve, place a quarter of the paste on each salmon fillet, steam until cooked to your liking (about 5-6 minutes)
- Quickly stir-fry the bok-choi in peanut oil and serve with the coconut rice



The
Kitchen
Lusty Glaze

OCTOBER
HALF TERM
KIDS EAT
FREE

ENJOY A MEAL *with a view*

Come and enjoy a meal at our new restaurant, The Kitchen. You can choose to eat inside or outside on our decked terrace overlooking the beach, sea and dramatic Cornish coast. You'll be rewarded with **spectacular views** and a feast for all the senses.



“We look forward to welcoming you to The Kitchen at Lusty Glaze Beach, where we pride ourselves on serving quality food at affordable prices.”

Aaron Edwards, Head Chef



CHRISTMAS ON THE BEACH

Special Christmas Menu throughout November & December.
Three course meal with wine; only £19.95 per head.

Advanced bookings only.
See website for details.

To book a table or
organise a special
event, please call us on

01637 851879

www.lustyclaze.co.uk



The Kitchen is at Lusty Glaze beach,
on the outskirts of Newquay in
Cornwall. Postcode TR7 3AE.



APPLE CHUTNEY

Here's a recipe for a seasonal chutney that goes equally well in a cheese sandwich or an accompaniment for a plate of cold cut meat and pâtés. Really simple, tasty and best of all, cheap to make!

Ingredients

1kg Gala apples, peeled and cored
 ½ kg Granny Smith apples, peeled and cored weight
 750g light muscovado sugar
 350g sultanas
 2 medium white onions, chopped
 2 tsp mustard seeds
 2 tsp ground ginger
 ¼ tsp ground clove
 1 tsp salt
 500 ml cider vinegar

Method

- 1** Cut the apples into 1.5cm pieces and set aside.
- 2** Combine all the ingredients in a large saucepan, then bring the mixture to the boil over a medium heat. Reduce and simmer uncovered, stirring frequently, for 30-40 minutes, until thick in consistency.
- 3** Add the apples and continue for approximately 30 minutes to cook until the apple pieces become tender.
- 4** Remove from the heat and leave to cool.
- 5** Transfer to jars and seal. Leave for at least a month before using.



CHEESUS!

Following a stint of back-to-back demos, **Martin Blunos** takes time out for a rather pricey sandwich break...

Over the summer I've done quite a few outdoor events and regardless of the weather, it hasn't been all bad. My most recent bout of cross country jaunts saw me at the Ludlow Slow Food Festival (poured with rain), judging at an in-house cookery competition for the Royal Marine Commandos just outside Exeter (overcast and dull) and demonstrating at the Frome Cheese Festival (brilliant sunshine) all this on top of the day job!

Some of you may have read about the cheese sandwich that I created for the Frome show. It made the papers the world over, including the New York Post, Delhi Times, Somerset Guardian and not forgetting the Daily Star. It also made it

onto ITV's Daybreak and Australia's Channel 9 – now there's world domination.

A three tiered buttie filled with a white truffle cheddar, made by those wonderful folks at Pilgrims Choice in Wincanton and a few other choice ingredients finished off with a dusting of gold leaf and voilà, you have a sarnie that comes in at a credit crunching £110.00 a pop.

Would I pay that? No way – a bit of extra mature and a dollop of chutney between decent bread will do me fine and that'll be under a fiver for sure.

The whole point was to see how much you could spend if you had no budget, or sense. I have no doubt that with more thought I could triple the cost by adding the handpicked pistachio nuts from New Zealand for example, transported overland of course because the air pressure from flying them in would cause the texture and flavour to be impaired.



One of the South West's most talented chefs, Martin Blunos was born and brought up near Bath, his parents having come to England from Latvia just after the Second World War. He has held two Michelin stars for more than fifteen years and appears regularly on television and radio with regular slots as guest chef on BBC1's Saturday Kitchen with James Martin, BBC Market Kitchen, ITV Daily Cooks and ITV's Saturday Cooks.

LUNCH CLUB

Ship and Castle

The Ship and Castle, a 500 year old traditional country inn do lunch for all seasons, using great local produce and making everything here from the parfait to the ice cream. The menus not only reflect the local produce but also the seasons.



Traditional ales are on tap along with an extensive wine cellar and full bodied single malt collection, perfect to relax with in front of the open fire place. Meet up for lunch, relax with a glass of chilled chenin blanc and dine in style. This family run county inn caters for everyone and is the perfect location for business trips and romantic breaks alike.

T: 01934 833535

W: www.shipandcastle.com

OFFER 2 courses for £12
3 courses for £15
Available Monday – Friday 12-5pm.

Lucknam Park

Laidback and chic, The Brasserie at Lucknam Park Hotel and Spa sets a new standard in relaxed dining. The stylish open kitchen turns out sensational treats using locally sourced produce under the daily guidance of Roux Scholarship winner Chef Hrishikesh Desai. A warm welcome awaits you with fresh, creative menus for all day dining and as well as great value.



T: 01225 742 777

W: www.lucknampark.co.uk

OFFER 2 courses for £16
Available Monday-Friday.

Ronnies

Ronnies, winner of the Good Food Guide Restaurant of the Year 2009, offers some of the most sublime cooking in the country and lunch is exceptional value.



Only a short trip from Bristol, its well worth a visit. The restaurant is housed within a sympathetically renovated 17th Century building with beamed ceilings and natural stonework walls, offering a comfortable and stylish atmosphere. With a focus on quality, freshness and locally sourced ingredients prepared by a classically trained chef, you are assured a sublime and unforgettable dining experience. The menu changes fortnightly and is made from local seasonal produce.

T: 01454 411137 W: www.ronnies-restaurant.co.uk

OFFER 2 courses for £9.75
3 courses for £12.75

The Inn at Fossebridge

A quintessential Cotswold Dining Pub with 8 en suite bedrooms is nestled in the heart of the Coln Valley. The inn successfully combines many original features such as exposed beams, Cotswold stone walls, open log fires and flagstone floors with high levels of comfort and service. The atmospheric and traditional bar / restaurant is located in the oldest part of the building offering a special place to enjoy creative dishes using fresh, local and seasonal produce.



OFFER

2 courses for £15
3 courses for £20

Available Monday-Wednesday for lunch and dinner throughout October and November. Includes a small glass of house wine per person.

T: 01285 720 721

W: www.fossebridgeinn.co.uk

If you've started saving your pennies in preparation for Christmas, you might be glad to know that we've hunted out some great lunchtime deals, which means dining out in the next few months needn't be a treat you have to go without!

The Catherine Wheel

The Catherine wheel, Marshfield, is a grade 1 listed 17th century coaching inn sitting at the gateway to the Cotswolds and boasts a long standing reputation for its warm atmosphere and traditional home cooked meals. Work up an appetite by trying one of the pubs' surrounding countryside walks before settling down in front of a roaring log fire to a delicious, hearty lunch.



T: 01225 892220 W: www.thecatherinewheel.co.uk

OFFER Selected dishes on the lunch time menu for £5.

Available Monday-Thursday throughout October. Choose from the steak & kidney pie, sausages, bubble & squeak, beer battered fish & chips or a spicy bean burger.

The White Hart

Placed in the picturesque village of Littleton-on-Severn in the South Gloucestershire countryside, this 17th century pub is full of charm and character. Offering the perfect retreat for a country lunch, chef Dean Chappell's modern British cuisine aims to impress.

Enjoy the high quality food with choices such as Devon chicken stuffed with black pudding or Exmoor beef braised in local beer and taste for yourself the passion which goes into every mouthful.



T: 01454 412275

W: www.whitehartbristol.com

OFFER 2 courses plus a bottle of wine for £20 or 2 meals from the same menu for £12.

Red Lion Freehouse

Delightfully situated in East Chisenbury, The Red Lion Freehouse is renowned for an innovative take on traditional British food, with influences taken from American, French and Spanish cuisine. Chef and owners Guy and Brittany pride themselves on their lunch time menu, where everything is homemade from the sourdough bread to the condiments and home cured meats.



T: 01980 671124

W: www.redlionfreehouse.com

OFFER 2 courses for £15 and 3 courses for £20
Available Monday-Friday.

The Lockhouse



The Lockhouse Bar and Restaurant provides an stunning marina location to enjoy AA Rosette British Cuisine and New World wine. Its individuality allows for a listed holding bar area (formally a lock-keepers cottage), superb glass structure restaurant and terrace. With a great ambience created by the front of house team, the beautiful décor and overall high standard finish, you can enjoy both a relaxed and elegant lunch.

T: 01275 397272 W: www.thelockhouseportishead.co.uk

OFFER 2 courses and glass of house wine for £14.95, and a 3 course Sunday roast for £20.

Le Mazot

As the mercury in the temperature gauge begins to retreat, **flavour** seeks shelter in Le Mazot, a Swiss-style brasserie that's gradually emerging from the shadows...

It's been a busy year for Martin Burge. As well as retaining his second Michelin star for the second year running, Whatley Manor's industrious head chef has also managed to bag The Dining Room a ranking of 14th in the Good Food Guide's top 60 restaurants.

A seemingly continual string of accolades attracts diners in their droves to The Dining Room, yet just across the way, a trick is being well and truly missed. For those seeking a more informal brasserie-style dining experience, the hotel's second restaurant Le Mazot uses the same kitchen brigade, store cupboard and attention to detail as The Dining Room, without of course the same price tag that Michelin dining inevitably wears.

Le Mazot translates as 'Shepherd's Hut'. These huts are found on the Swiss Alps and used to store grain and provide a shepherd with a place of rest for the night. Designed, created and built by Swiss craftsmen, Le Mazot re-creates the warmth and relaxed ease of a Swiss chalet. Panelling and banquettes are made of antique pine and handcrafted wall lighting showcases the brasserie's intricate forged ironwork and stone tile flooring. Hermès scarves and 3-D art by renowned artist Volker Kunz add a point of interest throughout the space too.

In the main entrance to the brasserie you'll see a picture of the hotel owner's great grandfather with his cheetahs. Edouard-Marcel Sandoz is also the man responsible for crafting the three enchanting bronze donkeys found in the stable courtyard, giving the place a sense of history and traceability that is sometimes lost in luxury hotels.

The atmosphere in Le Mazot is sociable and relaxed with a central fireplace and intimate

alcove seating. There's also a separate stylish horseshoe shaped bar for pre-dinner drinks. Martin Burge oversees the menu and the food is best described as Classical French with a refined rustic presentation. Le Mazot would certainly not be complete without a few Swiss dishes either, which can be found on brasserie's Swiss menu.

Things got off to a strong start with a local free-range duck egg baked with ham hock truffle oil and mustard cream sauce (£8.50); a luxuriously rich and faultlessly presented dish that was mopped up with chunks of home made walnut bread.

Selecting my main course from the Swiss menu, I opted for the corn fed chicken breast glazed with tomato fondue and Emmental cheese, served with rosti potato and chicken white wine sauce (£17.50). Despite being a fail-safe combination of comforting flavours, the outstanding quality of ingredients shone through here and reaffirmed why meat in any household should be the best the budget will allow, even if that means having less of it.

Finally, a caramel layered mousse and poppy seed crisp (£8.00) threatened to be just a tad too feather light in consistency to stand up to the accompanying caramelised pear. The poppy seed crisp however was worth every tooth-clinging bite.

Serving nourishing food with a delicate touch, time spent in the warmth and comfort of Le Mazot's surroundings is a delightful way to pass an evening throughout the autumn and winter. Better still, a two-course dinner and a session in the hotel's restorative Aquarias spa costs just £68. ■

Le Mazot
Whatley Manor
Easton Grey
Malmesbury
Wiltshire
SN16 0RB

www.whatleymanor.com



“ Panelling and banquettes are made of antique pine and handcrafted wall lighting showcases the brasserie’s intricate forged ironwork and stone tile flooring. ”





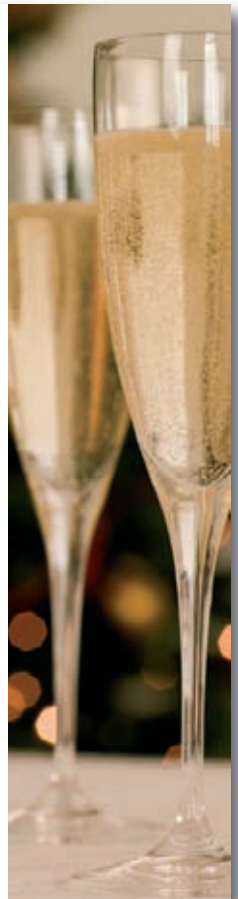
CHRISTMAS AT THE BRASSERIE

For contemporary and stylish dining
this Christmas season.

Special 3 course festive menu available for
lunch and dinner - £33 per person to include
coffee and mince pies. For reservations please
call The Brasserie on 01225 740575.

Menu available from Wednesday 1st December
to Monday 3rd January.

www.lucknampark.co.uk



Celebrate in style

Festive Lunches
from **£16.95**

Christmas Parties
from **£32.50**

at Tortworth Court
Four Pillars Hotel

visit www.four-pillars.co.uk



With us, you're at home



Ronnie Faulkner



Ask a chef

Ronnie Faulkner is the owner-chef of Ronnie's Restaurant in Thornbury. Ronnie has had a distinguished career working in some of the most prestigious kitchens in the UK and Europe, for celebrated chefs such as Anton Mosimann and Ed Baines. Cooking for national and foreign royalty and dignitaries honed Ronnie's skill and further reinforced his lifelong commitment to food. His menus showcase the best local produce, earning the restaurant its title as the Good Food Guide's 'Restaurant of the Year'.

Q. Is salted caramel difficult to cook?

Liz Ferris, Longwell Green

A. Not at all. If you'd like a caramel that sets firm but will not crack your teeth, which can be covered in chocolate or used as a layer in a dessert, then try this: Cook 250g of caster sugar with a couple of tablespoons of water to a caramel, remove from the heat and gently add 150ml of double cream. Leave the mixture to cool slightly and whisk in 150g of unsalted butter and season to taste with Maldon Sea Salt. Use as required.



Q. I'm having a coeliac to dinner – can you recommend some suitable dishes? **Trudy Hammond, Bristol**

A. Just so we are clear, avoid flour! Cooking for someone suffering from coeliac disease should not limit your choice much, in fact only two dishes on our a la carte menu contain gluten and we can easily adapt those dishes so they are suitable. The difficulty comes when you try to thicken sauces, make cakes and biscuits or offer bread and dessert. Buy a gluten-free bread, thicken your sauces with potato flour or by reduction, and fruit based puddings work well.

Q. Where's the best place to source game in the South Gloucestershire area?

Dominic Smith, Cheltenham

A. I use Gales Farm Meats in Filton. They have a number of contacts who are gamekeepers particularly the Badminton Estate. It's a great time for game with wood pigeons in abundance and venison starting to come in. The shoots will start this month with pheasant and don't forget my favourite: partridge.



Q. Any tips for successfully poaching a chicken? **Jamie McFadden, Bedminster**

A. Poaching is a much underused cooking technique and is a great way to enjoy succulent, low fat chicken. I would only use skinless breasts, ideally on the crown. Your poaching liquor should be highly seasoned with loads of aromatics and full of flavour. I use carrots, onions, celery, parsley stalks, bay leaves, star anise, coriander seeds, peppercorns and tarragon, which I bring to the boil and simmer for 30 mins. The liquor should not boil while you are poaching the meat. Season the chicken well before poaching it too.

Q. My store cupboard is full of different beans and pulses, how can I use them all up? **Mark Bandali, Portishead**

A. We currently have a 5 bean and chorizo soup on the menu. It is absolutely wonderful and I have found myself having a large bowlful several times. It's a complete meal, although I normally have a couple of chunks of fresh bread too. We cook each bean separately as they all take different times to cook, make a good beef stock as the base and bring it all together with loads of diced chorizo.



If you have a culinary query for Ronnie, write to us at the usual address or email info@flavourmagazine.com

T: 0800 849 4455

W: www.ronnies-restaurant.co.uk

Elizabeth David



In this new collection of Elizabeth David's greatest recipes, the woman who revolutionised post-war British cooking lives on...

Elizabeth's recipes make you want to cook; the aroma of a dish and its vibrant colours spring from the page. The instructions may be brief and sometimes sketchy, and were not written in the formulaic style that is considered appropriate today, but they do not let you down. She assumes her readers are intelligent, curious and able to think for themselves. Her writing is clear and authoritative; she tells you the correct way to make a risotto or a pilaf, *ossi buchi* or *boeuf à la bourguignonne*. She wrote as she cooked: with respect for tradition and provenance, with passion and knowledge.

There is a directness and warmth in her writing, and unfailing integrity. Elizabeth had high standards and expected them of others. She detested fuss and anything pretentious or sham. She spoke out about the poor quality of many 'factory' foods,

about bad restaurants, and condemned writers who published recipes for travesties of traditional dishes from trifle to pizza and quiche.

On both sides of the Atlantic, many chefs took up the demand for good quality ingredients and turned to her recipes. They continue to acknowledge the debt they owe to Elizabeth David. Many people who do not know her name or her writing have been affected by her influence on chefs and other food writers. Elizabeth was not a public figure, and did not want to be. She chose writing as her means of communicating, and this she did with elegance, erudition, wit and humour. She remains an essential presence in the food world; her writing made it possible for today's celebrity chefs and television supercooks to find a receptive audience.

BAKED EGGS

Eggs en cocotte

Have your little fireproof china dishes ready with a good lump of butter in each, and an egg for each person ready broken into separate saucers. Put the little dishes into the oven at 190°C/gas 5 and take them out as soon as the butter has melted, slide an egg into each, pour a large tablespoon of cream on to the egg, avoiding the yolk, return them to the oven. They will take 4–5 minutes to cook, allowing perhaps ½ minute less for those on the top shelf.

If you leave them too long, the yolks get hard and the dish is ruined, so be on the alert to see that they are taken out of the oven at the exact moment.

Experience and knowledge of the idiosyncrasies of one's own oven are the mediums of success here. No pepper or salt should be added, except at table, but a very little cut of fresh tarragon when they come out of the oven is an acceptable addition.



BARBADOS BAKED AND GLAZED GAMMON

Serve this gammon hot with creamed spinach and jacket potatoes or a purée of red lentils, or cold with a salad of cubed honeydew melon seasoned with lemon juice and a pinch of powdered ginger.

Soak a 2–2.5-kg/4–5-lb piece of middle leg for a minimum of twenty-four hours, and preferably for thirty-six, in cold water to cover (and also keep a cloth or dish over the basin). Change the water two or three times. When the time comes to cook the gammon, wrap it in two sheets of aluminum cooking foil, twisting the edges together so that the joint is completely enclosed. Stand this parcel on a grid placed in a baking tin. Half fill the tin with water – the steam coming from it during cooking helps to keep the gammon moist.

Place low down in a very moderate oven, at 160°C/gas 3, and allow approximately 45 minutes per pound (500g). The only attention you have to give it is simply to turn

the parcel over at half-time.

Remove from the oven, leave for about 40 minutes, then unwrap the foil, and peel off the rind – this is very easily done while the gammon is still hot – and score the fat in diamond shapes. Replace the gammon in the rinsed-out baking tin.

Have ready the following mixture: 2 heaped tablespoons of soft brown sugar, 1 teaspoon of Dijon mustard and 4 tablespoons of milk, all stirred together. Pour this mixture over the gammon, pressing some of it well down into the fat. If you feel you must, stud the fat with whole cloves. Place the tin near the top of the oven – still at the same temperature – and cook the gammon for another 20 to 35

minutes, basting frequently with the milk and sugar mixture, which will eventually turn into a beautiful dark golden shining glaze.

The sugar, mustard and milk-glaze mixture is by far the most effective, as well as the cheapest and most simple, of any I have ever tried. There really is no need for fanciful additions of rum, orange juice or pineapple chunks. Whether you keep your cooked gammon or bacon in a refrigerator or a larder, do keep it wrapped in clean greaseproof paper, constantly renewed. In this way it will keep sweet and moist down to the last slice.

Enough for eight to ten people.



'At Elizabeth David's Table' is available at all good bookshops. Published by Michael Joseph. RRP £25

COOKERY SCHOOLS

With the children settled back into the school routine, there's no better time to learn some new skills of your own, starting with a cookery course that will benefit you and the whole family!



Vegetarian Cookery School

A vegetarian Christmas

Since 2001 the Vegetarian Cookery School in Bath has been running an exciting and varied selection of courses for mixed abilities from complete beginner to the more accomplished cook. Every course provides inspiration and ideas that are easily achievable in your own kitchen. Each day course has a maximum of 16 people with an aim to cook 10 different dishes each day.



If you're feeling stuck for vegetarian ideas this Christmas or just fancy something a little different from the usual, then the Vegetarian Cookery School is the perfect choice. Each Christmas, the school comes up with a completely new menu for you to re-create over the festive period. Try your hand at a selection of nibbles, main dishes and puddings. Traditional dishes like the nut and seed roast with all the trimmings or borlotti bean and chestnut stew can all be sampled. More indulgent recipes such as a gooey chocolate pudding with brandied cherries, orange tuilles and vanilla crème anglaise are another success! After plenty of tips on how to make your day as stress free as possible, you can relax with a Christmas lunch and a glass of organic Cava at the end of the day.

T: 01225 427938
W: www.vegetariancookeryschool.com

Louise Walker



Aga at Christmas

Author and Aga enthusiast Louise Walker has a background in teaching as well as working as a home economist and food stylist in the food industry. She has been demonstrating on Aga cookers for 20 years, mainly in Aga showrooms up and down the country. For the last 10 years Louise has run classes at home to help hundreds of customers get the most from their Aga. Most of the classes are demonstration days but hands-on days are becoming more popular. All courses are run in Louise's modern kitchen featuring a four-oven Aga. As the groups are small it's easy to ask questions and discuss all that is going on.

Many people worry about cooking a traditional Christmas lunch for family and friends but thanks to Louise's 'traditional Christmas lunch' course, you needn't. Everything will be explained from how to plan and prepare the perfect dinner to presentation on the table, making your day restful and fun. This day is planned around the Aga but for those with a conventional cooker there will still be lots of other hints and tips on offer.

All courses are £95 for the day

T: 01225 442861
W: www.louise-walker.co.uk

The Devilled Egg Kitchen Academy

Fine dining made easy

The Devilled Egg Kitchen Academy is all about fine dining in the home. Bespoke masterclasses with resident chef Barbora Stieš aim to unlock the secrets of the professional kitchen, giving aspirants the skills, techniques and knowledge to surpass restaurant cooking at home. Of course, most of us will not be awarded Michelin Stars simply after a few lessons, but The Devilled Egg's small-scale approach (one-to-one or small groups of friends) allows for intensive and personalised learning. Indeed, you may be surprised at the amount of clever tricks and confidence you can round up in a single evening.

Set courses include coaching on diverse subjects, from the perfect panacotta to the flawlessly filleted fish and even the quest for the World's greatest scrambled egg. Equally, those with specific gastronomic curiosities (or frustrations) may order bespoke courses designed entirely for themselves – individuals and groups welcome.



Wine, beer and spirit tastings often form a part of the course, but are also offered separately and for larger groups as well. With Halloween and Christmas on the way, keep an eye out for special seasonal classes!

T: 07500 009045
W: www.thedevilledegg.com



Julia's Kitchen

Perfect private parties

Julia's Kitchen as seen in the national and regional press offers unique and affordable hands-on tuition for adults and children in a relaxed, beautiful and well-equipped working home. Julia's kitchen offers the perfect alternative day out for you and your friends. For a fabulous hen do, stag do, a special birthday, work event or 'just because' then book today for a relaxed, sociable and fun get together. You'll be welcomed with a drink and something delicious to eat. With sleeves rolled up, you and your group will learn new skills and try wonderful dishes that you may not have had the confidence to try before.



Whether you book as an individual or come as a group, the classes are personal and intimate, ensuring you get as much from the tuition as possible. With so many courses to choose from such as fabulous cupcakes, Thai cuisine, fab puds and modern vegetarian, you'll be sharing your expertise with others in no time.

Courses start from £35 to £60.

T: 01202 252481

W: www.therealfoodcookeryschool.co.uk

Cooking with Rosie

Cook for a living

Rosie Davies's four-week intensive cookery course is the perfect option for those who want to make a living from cooking. Many students come from the yachting and skiing industries, but all keen cooks are very welcome whatever their experience. Rosie combines practically-based teaching of culinary techniques and methods with tried and tested advice, tips and tricks honed from over 25 years of experience as a professional cook and teacher.

With classes containing a maximum of just five students, there is ample opportunity for one-to-one tuition, as well as the flexibility to focus on particular interests or questions you might have along the way. The atmosphere is relaxed, informal and fun with all the comforts of home. Courses are held in Rosie's home in Nunney, a beautifully converted 200 year old watermill – the perfect base for inspiration and comfort. Accommodation is provided on site as part of the course fee.

Course details: A four week, intensive residential course including tuition Monday–Friday and examination for Level 1 Award in Food Safety and Catering costs £3,350.

T: 01373 836210

W: www.rosiedavies.co.uk



The Foodworks Cookery School



Become an artesian bread maker

Foodworks Cookery School based just outside Cheltenham, has hit Gloucestershire by storm with its state-of-the-art kitchen and contemporary glass viewing balcony. Housed inside is a team of top chefs from around the country who run courses from beautiful bread making to adventurous game cooking. Foodworks inspires everyone from beginners to experienced cooks and is passionate about local, fresh and seasonal ingredients. The small, intimate and hands on classes are professional, friendly and informal, ensuring a rewarding and fun day.

When internationally renowned master baker Maurice Chaplais isn't busy traveling the world teaching European bread making, he can be found at Foodworks teaching his invaluable skills to others. Your course includes coffee in the morning, a buffet lunch with a glass of wine and a bag full of your own delicious breads to take home. Visit online for Halloween and Christmas courses.

Course details: Bread with Maurice Chaplais course £105. Other courses vary from £45- £125

Offer: Book a full day course before the end of October and receive £20 off your first booking!

T: 01242 870538

W: www.foodworkscookeryschool.co.uk

COOKERY SCHOOLS

Ringmore House Aga Cookery

Winter entertaining

Helen Scull is an experienced Aga user and innovative cook, running entertaining in style courses at her home for small groups of enthusiastic foodies who want to develop skills and also understand the huge facility an Aga offers. The courses are designed with instructions for all types of cooker, so friends can enjoy and learn from the demonstrations.



Winter entertaining courses in November and December are looking at sophisticated comfort food and healthy ideas for the cold season including home made preserves, warming puddings and cakes so you can prepare ahead ideas for entertaining family and friends with ease. England comes in to its own for winter vegetables, local meats and game, and an abundance of fresh fish. These courses are designed to make the most of autumn and winter entertaining with plenty of ideas to fill the fridge and freezer! Based on the edge of the River Teign in Shaldon, Ringmore House also offers luxurious accommodation in beautiful bedrooms.

Gift vouchers available.

T: 01626 873323
W: www.ringmorehouse.co.uk

Daylesford



Back to organic

Learn how to cook with the best seasonal farm produce at Daylesford's Cookery School.

The Cookery School is equipped with state-of-the-art facilities and surrounded by acres of working land and countryside, the perfect setting to experience imaginative courses to suit all levels. Whether you have never felt confident in charge of a saucepan before, or you are an enthusiastic amateur cook who has longed to take your skills to a new level, under the guidance of Vladimir Niza you'll quickly become a confident, organic cook.

Pull your wellies on and head out into the market garden to harvest your ingredients, become inspired by Vladimir's demonstrations and enjoy plenty of hands-on experience and tasting during the day.

To ensure you cook the best Christmas feast yet why not attend one of the dedicated Christmas cookery courses? Learn to roast the turkey to perfection, cook the crispiest and fluffiest roast potatoes, steam a fruity moist Christmas pudding and most importantly, enjoy the special day with as little stress as possible.

T: 01608 731 700
W: www.daylesfordorganic.com

Padstow Seafood School

Cooking with fish demystified

Rick Stein's vision for Padstow Seafood School was to run a place where he enjoyed cooking, a place where the whole morning would revolve around lunch. These lunches are designed to cover every aspect of seafood cookery. Almost without realising it, you will cover it all from filleting a plaice to stir-frying squid, braising brill to steaming sea bass.

Courses at Padstow Seafood School offer a balance of hands-on cooking and chef demonstrations led by head chef Mark Puckey. Each morning is spent cooking, then at lunchtime, you'll enjoy the fruits of your labour with your fellow students. Padstow Seafood School offers 1, 2 and 4 day cookery courses, residential and non-residential. Courses cover everything from Italian, French and Thai fish cookery, to classic seafood dishes, summer cooking, friends for dinner and even children's fish cookery. There are also courses which specialise in cooking recipes from Rick Stein's BBC TV series' *Mediterranean Escapes*, *French Odyssey* and *Far Eastern Odyssey*. A full list of courses and our course calendar can be found on the website.

Prices start from £185 for a one-day cookery course.

T: 01841 532700
W: www.rickstein.com



The Bristol Kitchen Company

Fine bespoke furniture



At The Bristol Kitchen Company we take pride in our ability to provide a personal design and furniture making service using the latest technology. We offer bespoke kitchens at a competitive price but we never cut corners.

Every kitchen, and all of the furniture we make, is designed specifically and purpose built from scratch. With our unsurpassed attention to detail and quality of workmanship we are able to manage all aspects of the project and provide detailed service drawings and specifications.

The Bristol Kitchen Company

Beautiful furniture designed to suit you needs...



T: 0117 914 0340 **W:** www.thebristolkitchencompany.co.uk
E: info@thebristolkitchencompany.co.uk

Celebrate Christmas at Stanton House Hotel

Welcome to Stanton House Hotel where you can enjoy great food and relax with friends,
no cooking, no washing-up, just a stress-free celebration.

- Christmas Parties
- Sunday Lunch
- Mince Pies & Mulled Wine
- Christmas Day
- Seasonal Lunches
- All you can eat buffets

Also, special festive accommodation rates. Following your festive celebration, why not leave the car and stay the night.

The Avenue, Stanton Fitzwarren, Swindon SN6 7SD Tel: 0870 084 1388 Fax: 01793 861857 email: restaurant@stantonhouse.co.uk

www.stantonhouse.co.uk

Exceptional food, fine surroundings - lunch is suddenly special!



'Join us in October to
taste
our new season menus...'



Three courses only £25.00

Monday to Thursday during October 2010

Pre booking essential, please quote 'Flavour Lunch October'

Lunch subject to availability Mon - Thurs during Oct 2010

Two courses are available at £19.95

The Bath Priory, Weston Rd, Bath, BA1 2XT
T 01225 331922 F 01225 448276 E mail@thebathpriory.co.uk
www.thebathpriory.co.uk



THE BATH PRIORY
HOTEL RESTAURANT SPA



TART CAFÉ

BY ROWAN EVANS, BRISTOL

READER
REVIEW

It's mid September, and whoever left the muggy hot tap running remembers it's almost autumn and sends a solvent wind to stir the Gloucester Road. Soon leaves will dry and curl like shed reptilian skins; thoughts turn to lit doorways, red wines, warmth of the pack. So, where better to begin the indoor season than with an invite-only literary event hosted by the elegant Tart Café?

The event saw the Bristol book-launch of Frances Kay's debut novel, *Micka*. Humorous yet unflinching, the book follows the stories of two young boys in a Northern town, whose thoughts and lives irreversibly converge. The potency of Kay's contrasting monologues, spoken by her novel's two protagonists Laurie and Micka, became clear as compelling extracts were read from the book.

The guest-list comprised a selection of Bristol's writers, booksellers, editors and word-hungry. Literal appetites were also catered for with canapés of oven-glazed pizzette, cheese scones with baba ganoush, liver pâté coiffures and brownies the texture

of newly packed soil sown with fat sultanas.

Falling somewhere between a French patisserie and an English tearoom, Tart Café was a fitting venue of choice for such an event. To my delight any cake can be baked to order and the delicious pastry shown off in the chilled cabinet can be taken home and masked as one's own. Tart also offers a beautifully equipped food store to cater for those who enjoy homemade granola, jam, chutney and meringue.

Open for breakfast, lunch and afternoon tea, Tart offers the ideal setting for whiling away the afternoon with a sweet treat and a good book.

Tart Café
16 The Promenade
Gloucester Road
Bristol
BS7 8AE

01179 247628
www.lovelytart.com



Tell us about your favourite place to eat by writing to us at the usual address or emailing faye@flavourmagazine.com We'll even give you one year's free subscription for your troubles!

LE MONDE DU chocolat

This month sees the annual celebration of National Chocolate Week (11-17 October), a well-loved treat that dates back thousands of years...

Three to four thousand years ago, the Olmecs are the first known people to use cacao which grew wild in Central America - followed by other peoples like the Maya and then the Aztecs from the 10th century AD to the 1520s. At this time, and for many years afterwards, chocolate was purely a drink. They all knew that a cup of 'XOCO - ATL' (meaning 'bitter water') was great for fatigue and it was supposed to stimulate brain power. Chocolate was always drunk, and not eaten until relatively recently in the middle of the last century.

In 1502, Christopher Columbus landed on the island of Guanaja off coast of Honduras, on his 4th and final voyage to 'discover India'. However, 1519 was probably the most crucial moment in the history of chocolate when Hernan Cortes - Spanish explorer and one of Columbus' ambassadors - met

flamboyant emperor Montezuma in Tenochtitlan, the capital of the Aztec Empire. Montezuma's name has become immortalised for the vast quantities of foaming 'xoco latl' he used to drink before visiting his harem of wives, so begins the marriage of chocolate and amorous pursuits.

Cortes took cocoa 'home' to the Spanish court in 1527. The Spanish kept it secret for over a century - taxing it so highly that, like the ancient Mexicans, only the rich can afford it. In 1615, chocolate crossed to the French court through the marriage of Anne of Austria, daughter of Philip II of Spain, to Louis XIII. Based on its perceived medicinal properties the use of chocolate - still as a drink - is spread by missionaries across Central and South America and across Europe.

It was during the 18th and 19th

century that chocolate began its long, slow journey from a gritty, fatty drink into the refined product we know today, with chocolate starting to appear as eating chocolate in the form of pastilles and bars. The Swiss were very influential in the development of chocolate. Rodolphe Lindt discovered conching by accident when an assistant left the machine on all night! Another Swiss, Daniel Peter discovered a way of mixing milk with chocolate to create the first milk chocolate in 1875 using condensed milk manufactured by his friend Henri Nestlé.

In the UK, the three great Quakers of the time - George Cadbury, Joseph Rowntree and Joseph Storrs Fry - created an immensely wealthy industry producing cocoa and drinking chocolate as an alternative to the demon alcohol. They made an enormous contribution to the quality of chocolate and cocoa - cutting out adulteration which was rife in Victorian times, at the same time revolutionising working conditions - not only of their own factories but also within the community. Bournville was created by Cadbury's as a utopia for its chocolate factory workers. Likewise, Rowntree and Fry also felt it essential to reward their workers with the best possible living and working conditions. That way, not only did they fulfil their true philanthropic ethos, but this was also good for business! They were indeed, significant social benefactors.

We now eat on average just under 7 oz per person per week. The confectionery industry is worth over £5 billion in UK alone of which chocolate is £3.5 billion.

HOW TO RECOGNISE GOOD CHOCOLATE:

- * Flawless appearance with an even colour
- * A nice deep aroma
- * A clean snap when breaking a bar
- * A great flavour of more than just chocolate. You may be able to detect fruit, spices and other notes.



FOCUS ON...

With 25 years working as a pastry chef for the most talented chefs across the globe in various five-star restaurants, Damian Allsop can add to his list of achievements instigator of a mini-revolution in the chocolate world. We find out more about his latest project and a recipe that he has kept under wraps until now...

DAMIAN ALLSOP



My journey really began in February 2002 after working for five years with Joan Roca at the restaurant El Cellar de Can Roca. It was at this time that I was introduced to the legendary Chuao cocoa bean exclusively produced by Amedei. I was beginning to question things, thinking outside the box and picking apart how things were made. I was flown over to Italy to be shown how Amedei produced its chocolate. I

began to re-think everything I had been taught, and to re-write all of my recipes.

Chocolate has an ego; it doesn't like anything to be added to it. So I began experimenting and replaced the cream and milk with water. The product demands this method, it brings it back to its true state – how chocolate should taste. We were the first business to start

doing this, showing people that chocolate is actually refreshing and full of flavour.

It took eight years to re-write recipes from mousses, jellies and gratins.

Doing this enabled me to understand and respect the products better, understanding the many levels that result in a quality product. Just like a fine complex wine, there are so many stages before you reach perfection.

My wife Anna and I started by selling to wholesale and restaurants, moving into retail with a shop in Notting Hill.

We now have a base in Tunbridge Wells and have just launched into Selfridges, Libertines and Fortnum & Mason's with an exclusive Christmas collection. I also head tutored tasting sessions and workshops as well as supporting other artisan producers such as Lahoo Tea.

We work very closely with Valrhona chocolate. An excellent quality chocolate with an accessible price, Valrhona has been the benchmark for great chocolate for the last 30 years. We are also open to using other smaller chocolate companies, buying directly from source. Different regions have different flavours and characters. There isn't one chocolate that is considered the most superior; it is about who makes it and who cares for it. That's the key to appreciating diversity.

For me food is a means of communication. This chocolate is about understanding and educating others. I have something to say and I want to say it through my chocolates.



Must try... FLAVOUR CHANGERS

These chocolates are a truly unique experience. Small, round truffles that explode in your mouth and change flavour as you eat them. A real showstopper and a great personal touch for wedding favours. One flavour represents the bride, the other represents the groom, creating a marriage in the mouth.

THE CHOCOLATE TART

Who we are...

I started my business after my catering company, Hedgehog Pie, was asked to cook a dinner for The Queen and this involved making handmade chocolate cups for the pudding. Each one had to be perfectly shiny and this in turn gives the cups a wonderful snap. To achieve this, the 'temper' of the chocolate had to be perfect and I brushed up on my tempering skills with a chocolatier who also taught me how to make handmade chocolates. Eureka, a passion and obsession with chocolate was born! Therefore, it was because of Her Majesty The Queen that I was inspired originally to start The Chocolate Tart, to share my knowledge and skills with the general public!

How we'll be celebrating...

Get a group of friends together or come on your own (check dates and times on website) to a chocolate workshop and we will do a mini tutored tasting at the end on request throughout October. Discover all about the best chocolate in



the world 'Amedei' from Italy. We stock chocolate buttons and chocolate spread for grown-ups created by Cecilia Tessieri of Amedei for that perfect chocolate treat – once you have eaten your own creations of course!

T: 01934 876881

W: www.thechocolatetart.co.uk

Our Chocolate Tart

*A sweet pastry case, blind baked
750g chocolate (the best you can
afford)*

700ml double cream

50g butter

Raspberry coulis.

Heat your cream to scalding. Melt the chocolate for one minute in the microwave and stir, and then melt for 30 seconds at a time until two thirds is melted and the rest is solid. Add the cream in four parts whisking into the chocolate until it becomes shiny and elasticated in texture. Whisk in the butter in small pea-sized amounts, and then pour into the pastry case. Leave at room temperature to set before serving with the coulis.

READER OFFER

Buy two 3-hour classic workshop vouchers for £130 saving £10, valid until end of Nov 2010. (Quote FLAV10).

INDULGENCE



Who we are...

Nestled in amongst the fabulous boutiques, gift shops and restaurants of Clevedon's Hill Road, you will find Indulgence, a gorgeous shop crammed full of delicious treats to tantalise your taste buds. Established in 2001, we specialise in luxurious chocolates and confectionery. Whole cherries soaked in brandy and enrobed in dark chocolate vie for attention alongside favourites such as smooth Champagne truffles, nutty marzipans, rich pralines and gooey caramels.

How we'll be celebrating...

For a chance to savour some of our favourite sweet treats then be sure to attend the next tasting day at Indulgence on Saturday 20th November.

T: 01275 878 978

W: www.indulgencechocolates.co.uk

A BAR OF CHOCOLATE



Who we are...

Tucked away from the hustle and bustle of Bristol's busy city centre sits a scrumptious little chocolate shop, A Bar of Chocolate. Our chocolate heaven in St Nicholas Market is the perfect place to discover the finest quality chocolate available in Bristol. From vegan and

gluten free to delicious Belgian truffles and Italian sipping chocolate, this is the perfect spot for a moment of sheer indulgence. Pop in and discover the German chocolate Hachez, a chocolate that has been blended for three days giving an irresistibly, silky smooth taste.

How we'll be celebrating...

We have our own brand new range of delicious handmade chocolates, made from the finest Belgian cocoa. The butterscotch, fudge and rose milk flavours are flying through the door, as well as our new chilled chocolate mousse.

T: 01179 279918

W: www.abarof.co.uk



JAMES CHOCOLATES

Who we are...

We specialise in creating original, innovative and delicious handmade chocolates. We do not follow the crowd but put in place fun designs, original flavours and the very best ingredients. We wouldn't use anything less than the best quality chocolate available and enjoy chocolate from different origins as each place has a distinctive flavour.

Our latest creation, a 70% cocoa solid firecracker bar made from Ecuadorian chocolate and infused with ancho chillies and popping candy is one example of how we like to utilise the ingredients out there.

How we'll be celebrating...

We can't think of a better way to celebrate than with our raspberry and balsamic truffles which won two stars



in the Great Taste Awards. These truffles are a carefully balanced blend of dark chocolate, fresh raspberry, cream and a dash of balsamic vinegar. The crunch of the dark shell gives way to a smooth ganache with a zingy, fruity flavour that is enhanced by the sweet acidity of the balsamic.

T: 01749 831330

W: www.jameschocolates.co.uk

COMPETITION

James is giving away to one lucky reader a selection of James Chocolates including the firecracker bar, raspberry & balsamic truffles and other award-winning chocolates worth over £50. To enter email competitions@flavourmagazine.com or write to us at the usual address



CLIFTON CAKES



Who we are...

We create fabulous stiletto shoes and handbags out of the finest Belgian chocolate. Beautifully designed, packaged, and utterly delicious – our unique shoes have been making their footprints across the national media as well as in many loyal customers homes. Shop opening end of October.

How we'll be celebrating...

Stylish, witty and utterly delicious, we couldn't help but launch a new summer collection this year, which are right at home with our old favourites. Dark, milk, white or orange chocolate, Choc Chic shoes and bags are beautifully packaged and can be personally customised for the person receiving it, even filling them with Champagne ready to be drunk later! We also offer workshops so you can make your own!

T: 0117 9277693

W: www.cliftoncakes.co.uk



READER OFFER

Receive 10% off any order over £25 by the end of October.

COCOA BEE

Who we are...

Cocoa Bee is a brand new web based chocolate and gift company. Our fun and funky gifts are teamed up with delicious novelty chocolates that reflect the style of the present and then wonderfully presented in hampers and gift bags. All Cocoa Bee combinations are enthusiastically designed from scratch using gifts and chocolates sourced from the UK and beyond to provide unique and memorably different hampers and gift bags.

How we'll be celebrating...

With the launch of the Freddy the Frog Doorstop! Freddy comes complete with a trio of exclusively produced milk and white chocolate spotted frogs. We can think of nothing better but to give 5 lucky **flavour** readers the chance to win one of Cocoa Bees delicious selection of fine English chocolates.

W: www.cocoa-bee.co.uk



FOR YOUR CHANCE TO WIN:

Simply answer the following question: **How many chocolate frogs come with Freddy the Frog?**

Send your answer in to competitions@flavourmagazine.com or write to the usual address. Good luck!

MINERVA

The deliciously uncomplicated truffle



Ingredients

0.5 litre of whipping cream
1kg of dark chocolate of your choice (e.g. Valrhona's Guanara 70% cocoa solid)
Good quality cocoa powder.

Equipment

3 litre capacity saucepan
3 litre capacity bowl
spatula
whisk
piping bag with large nozzle
large tray with a silicone mat or 2 layers of baking paper.

Pour the cream into the saucepan and bring it to the boil. Crunch up all the chocolate with a big knife and fill the bowl with it. Pour the hot cream over the chocolate stirring it with the spatula until it has melted. Whisk this mixture until it is a smooth and very shiny emulsion with a perfect texture. When it has cooled move it gently with the spatula and pour it into the piping bag. Spread a thick and even layer of cocoa over the silicone mat (or the baking paper) in the tray. When the ganache in the piping bag is sufficiently firm, squeeze gently out of the nozzle in long parallel rows and cut immediately in segments roughly 3 cms long. Agitate the tray so that the cocoa powder goes over the segments to coat them evenly. Shake off the excess cocoa powder and store in a cool place (preferably a cool pantry but not the refrigerator).



Who we are...

You can find us in the Abbey Church Yard, a stones throw away from the Roman Baths. We offer a dazzling selection of truffles, pralines, ganaches and bonbons. Step into Minerva and you would feel like you have stepped into a chocolaterie in France with elegant marble counters and a large chocolate machine. The intoxicating aroma of dark chocolate cocoa will fill you with inspiration when it comes to picking one of our unique and delicious handmade chocolates.

Make a voyage of discovery in the world of chocolate making. Book a

Chocolate Initiation Workshop at Minerva!

How we'll be celebrating...

We have a rather special chocolate on offer at the moment; Valrhona's Nyangbo. A beautiful dark chocolate from Ghana. This piece of utter indulgence is unlike anything experienced before in the chocolate world; a step away from bitterness, smooth and sumptuous with a roasted almond infusion.

T: 01225 464999

W: www.bathchocolatemuseum.com

ELIZABETH SHAW



Who we are...

We are proud to be one of the oldest British Confectionery Companies in the UK, with the reputation all over the world as the creator of delicious and luxurious chocolates. From humble beginnings in a Teddington kitchen, the brand has gone from strength to strength and we are now a household name when people need the perfect party or dinner table treat.

How we'll be celebrating...

We are very excited about celebrating everyone's favourite treat this month so we are giving one lucky **flavour** reader the chance to win one of our scrumptious hampers, jam packed with our favourite chocolates.

T: 0117 937 1200

W: www.elizabethshaw.co.uk

COMPETITION

Included in this luxurious prize is Harvey's Bristol Cream Liqueurs, Dark Mint Crisp Chocolates and some rather indulgent Amaretto flutes. Email

competitions@flavourmagazine or write to the usual address. Good luck!



ADVENTURES WITH CHOCOLATE



Famed for his exquisite chocolates and ingenious flavour combinations, Paul A. Young shares his chocolate-making secrets for the first time.

Discover why Equadorian chocolate lends itself beautifully to flavours such as marmalade, pink peppercorns and saffron, while Venezuelan chocolate tastes amazing when paired with cinnamon, chilli or lavender. Once you understand how to combine chocolate with other flavours, you can let your imagination run wild and experiment with your own tongue-dazzling combinations.

You'll find recipes for Paul's famous hot chocolate, cakes, cookies, desserts and even savoury dishes – a sure talking point at any dinner party. Take your pick from wild strawberry and pink peppercorn truffles, sea-salted caramel tart and the ultimate chocolate Martini. The Alchemy chapter is for the more adventurous cook, with wild and wonderful recipes such as Paul's Venezuelan chocolate chilli chicken, sweet chocolate pesto, and even a honey-cured bacon, stilton and chocolate sandwich – which Paul swears by as a hangover cure! Paul's enthusiasm for chocolate is irresistible and his stunning, easy-to-follow recipes are a must for any chocolate lover.

Adventures with Chocolate by Paul A. Young is published by Kyle Cathie. RRP £17.99



Neston Park Farm Shop

The very best local and organic foods

From the Farm to the Kitchen

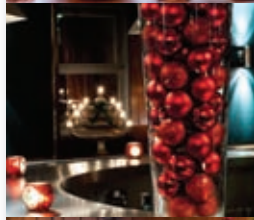
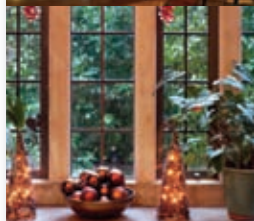
* Freshly harvested from the Neston Farm Estate, our chefs are busy creating fantastic new dishes with this years organic produce. Now's the time to come in and sample our breakfasts, lunches and afternoon teas, all in the comfort of our recently extended cafe.



Forthcoming Events

- * Cheese and deli weekend with Longman's Cheese, 16th and 17th October, featuring a range of fantastic cheeses, 10am-4pm.
- * Special 'Quiet' Family Fireworks Night. Friday 5th November 2010 from 5.45pm. Ticket only. Limited spaces.
- * From 9th November our Christmas gifts, hampers and food will be in-store and available for pre-order.
- * Finest deli, organically reared meat, artisan breads, Meat Boxes and much more available daily.

For more information contact Neston Park Farm Shop on 01225 700881. Open Monday to Saturday 9am-5.30pm. Sunday 10am-4pm
Neston Park Farm Shop Ltd, Bath Rd, Atworth SN12 8HP www.nestonparkfarmshop.com E-mail: info@nestonparkfarmshop.com



le MAZOT

BRASSERIE

at Whatley Manor

PRE-FESTIVE A LA CARTE MENU

Served from 1st – 24th December. Starters from £7.50.
Mains from £16.50. Desserts from £8.50

FESTIVE MENU FOR CHRISTMAS PARTIES

£36 includes three-course à la carte menu with crackers and coffee

CHRISTMAS EVE DINNER – £79

Champagne and canapé reception, four-course candlelit dinner
with coffee and Florentine

CHRISTMAS DAY LUNCH – £98

Glass of Champagne with savoury pastries served at the table
and followed by a traditional five-course lunch with Christmas
crackers and coffee

New Years Eve Dinner – £140

Champagne and canapé reception, six-course gala dinner and live jazz

26th December and 1st January 2011

£36 includes three-course table d'hôte menu and coffee

3rd January 2011

£26 includes three-course 'Bank Holiday' lunch menu

Call Events on 01666 834 026 or email events@whatleymanor.com
to make your Christmas reservations. Early booking is recommended



Le Mazot at Whatley Manor
Easton Grey Malmesbury
Wiltshire SN16 0RB
T 01666 822 888
E lemazot@whatleymanor.com



Inspectors'
Choice Hotels



fruitful harvest

Wine columnist **Clare Morris** has over 10 years' experience in the drinks industry, consulting with hotels, restaurants, pubs and bars across the UK. She is currently studying for a Diploma at the WSET London Wine and Spirit School.



'Season of mists and mellow fruitfulness!' is Keat's most famous line in *Ode to Autumn*. He could easily be talking about the European wine harvest, usually kick-started at the beginning of September and lasting throughout October. Morning mists in Bordeaux magically transform ordinary white wines into the internationally renowned luscious Sauternes dessert wines. Winegrowers across the region pray for the powerful afternoon sun to last a few more weeks and fully ripen their grapes. Everywhere in the wine regions of Europe extra temporary staff are taken on, ready for the most important task of the year.

With the amount of food readily available to us throughout the year in our supermarkets, it's easy to forget the significance of the autumn harvest. Historically this time of year would have been all-consuming. Our school holidays still reflect the importance of this season, as the children would have been pulled out of school to help bring in the crops ready for the winter ahead. In the land of wine, despite huge advances in technology, this old fashioned world still exists. It's a race against time to avoid bad weather and the over-ripening of grapes.

So this month let's raise a toast to the wine growers of Europe – throughout France, Spain, Italy and Germany and many other smaller wine regions besides. The vintage of 2009 is being heralded as one of the greatest vintages of the last 100 years (with price tags to match!) and over the coming months we will start to hear whether 2010 is anywhere near comparable. In the meantime, why not sit back with one of these fantastic European wines and be thankful you're not on grape picking duty...

We start in Burgundy, home to the world's most famous Chardonnays and Pinot Noir. One of the most famous wine producers of Burgundy is Louis Jadot, with over 150 wines in their portfolio (no that's not a typo!). What Jadot don't know about Burgundy isn't worth knowing.

Macon Villages Domaine de la Grange Magnien Louis Jadot is a great introduction for anyone to the wines of this region – and also great to continue with. Crisp and refreshing yet still deliciously fruity, this wine is great for a light-styled lunchtime option or for simply enjoying alone. Try it at the Albion in Clifton, Bristol, a beautifully decorated gastro pub tucked away in the corner of the village. Equally dedicated to relaxed pub space as to food, the Macon Villages is the perfect wine to enjoy here. Try it with the oysters, mussels – and perhaps even the crab and chilli linguine. Look out for the 2009 vintage hitting our glasses in a few months' time. www.thealbionclifton.co.uk



Bourgogne Chardonnay Covent des Jacobins, Louis Jadot is a serious food wine. Made from the same grape as the Macon Villages, it's the partial oak ageing here that turns this into a powerful, full bodied wine. This enables it to stand up to much heavier dishes and at the Hare and Hounds Country House Hotel in Tetbury, you'll find some great options. Try with the confit of smoked salmon or ham hock and foie gras terrine – and look out for creamy sauces and roast chicken as winter draws nearer.

www.cotswold-inns-hotels.co.uk

When people think of Beaujolais they are often reminded of the 'Beaujolais Nouveau' wines released (early on) in the November of the same year of harvest each year. Forget the Beaujolais run and Noveau and welcome the return to a traditional style of wine, pioneered by Louis Jadot. Perfect for winter fayre, more powerful, robust with great elegance and longevity. The Moulin Vent is often seen as the Queen of Beaujolais having



a softer more welcoming side to this full bodied, autumnally fruity wine. Great to enjoy after a walk in the autumn leaves around Tetbury, finishing up at the Calcot Manor. Match with roasted quail, apple and pear salad and caramelised walnuts, or salmon and tuna fish cakes with Asian slaw and sautéed potatoes. Surely that's enough to get you walking faster!

www.calcotmanor.co.uk

Beaune 1er Cru les Theurons Domaine Louis Jadot 2002 is an amazing chance to see what people mean when talking about a good vintage and mature wine. Louis Jadot wines have great fruit, tannin and acid balance which enables them to live for longer, allowing all the components to relax, integrate and develop into a beautiful glass of wine. Try it at the Square Kitchen in Bristol, a 'private members club of the defiantly unstuffy'. Treat yourself to the blade of beef with watercress and parsley risotto, or, if the accompanying snails in butter are too much, go for the roast rump of lamb instead.

www.thesquareclub.com

Next we move slightly further South to the Rhône Valley, home to another great wine producer – Robert Skalli – celebrating their 90th anniversary this year as a family owned company and in 2009 winning 'red winemaker of the year' at the International Wine Challenge. It's easy to see why when you taste their wines – let's look at two very different, but equally delicious, examples:

Robert Skalli Reserve – Pinot Noir – Ile de Beauté is rich, intense and spicy. This unique



vineyard on the East coast of Corsica is nestled between the ocean and the snow-capped mountains, which creates fantastic fresh fruit flavours in the wine. A perfect match for weighty pasta dishes, and in the wonderful setting of Morgan's Bar and Brasserie in Plymouth you will find an abundance of these. The chilli baked aubergine, scorched tomato and pepper penne would be ideal here – and, dare I say it, a fantastic traditional beef lasagne. Don't be fooled into thinking that top quality wines such as these shouldn't be paired with some heavenly comfort food!

www.morgansbrasserie.co.uk

Robert Skalli's flagship wine – **Skalli Grand Vin du Rhône - Chateauneuf du Pape 2007** – showcases the skill of the winemakers even more. Made in the same robust, full bodied style as the Beaune 1er Cru, we have very different flavours from the blend of Grenache and Syrah with five other grape varieties blended in. One myth of the wine world is that single varietal wines are better quality than blends. But when you consider that the top wines of Bordeaux and the Rhône Valley are nearly always blends, you can see just how untrue that is. This wine longs for some seriously robust food to show just how good it is, and at the lovely Mill Race village pub in Ross on Wye, you'll find just that – try the venison burger with red cabbage pickle or the game pie and I'm sure you'll agree.

www.millrace.info



Moving South to Italy, where the 2010 vintage is already being talked about positively for both quantity and quality, you will find some fantastic indigenous grape

varieties that can't be found anywhere else in the world. The range of flavour profiles is huge – make sure you experiment wherever possible.

One classic Italian growing area well known across the UK is Soave. Light and dry but low acidity makes this an easy drinking, refreshing option. Another great lunchtime choice like the Macon Villages, is **Bolla's Soave Classico DOC 2009** which is made in the oldest and most 'classic' zone for Soave production tucked away in the North East province of Veneto. This is a great food pairing for some very simple, well executed classics – which is just what you'll find at the Elephant pub in Bristol. Chicken Caesar salad, our British favourite fish and chips or even a fish finger sandwich would be well suited here.

www.theelephantbristol.co.uk

Our last toast to the harvest this month is another Italian white – from a good few hours away just South of Rome. Frascati is another delicate, crisp dry white, with the extra heat from the sun and volcanic soil in this region bringing out a little more fruit flavour and floral aromas. Perhaps topically called 'the wine of popes and of the people' – because it is said that in the papal elections of the 17th century, Frascati spouted from the fountains and lions of the capital.

Fontana Candida Frascati Superiore DOC, sadly, does not flow from many fountains, but you can enjoy a bottle at Mama Mia's Italian restaurant in Hook, Hampshire. Try an antipasti pairing with the classic Insalata Caprese, or the delicious Avocado Mama Mia with baby prawns and smoked salmon.

www.mamamiarestaurant.co.uk



Clavelshay Barn

Autumn invariably turns our thoughts to replenishing food, and a **flavour** visit to Clavelshay Barn Restaurant reveals a dining experience that is increasingly hard to find...

Just last year, Michael Steinberger bravely penned a critique on the leaders of the gastronomic world. His book, entitled "Au Revoir to All That: The Rise and Fall of French Cuisine" discusses numerous factors that have contributed to the decline of French food culture. At the top, the crisis of creativity in the cloistered world of Michelin, at the bottom, the seemingly unstoppable rise of McDonald's.

Yet somewhere in the middle lies perhaps the country's most interesting culinary affliction and one as a former resident I feel best placed to comment on: the deterioration of the small town bistro. Gone forever are the days of rustic French eateries serving up hearty regional fare and bottomless carafes of *vin de table*, all for a set price that was often taken for a misprint on the menu.

If anything positive can be taken from this threat of extinction however, it's the satisfaction of finding those that still exist, and there's something about the rural charm of Clavelshay Barn Restaurant that's reminiscent of these dwindling hidden gems. Nestled in an idyllic valley on the edge of the Quantock Hills, the restaurant is an unassuming barn conversion set in the heart of a family owned dairy-farm. As such, for nearly all ingredients on the menu think 'food metres' rather than 'food miles'; even the water on the table comes from the farm's own spring.

The space itself is simple and inviting, complete with large oak beams and a selection of pastoral scenes interpreted by local artists. As you might expect, tenant of the Crown Estate Sue Milverton also heads up the front of house and possesses a real knack for making diners feel like dinner guests rather than customers. Her right hand man is amiable head chef Guy Horley,

whose extensive use of local produce in his menu saw Clavelshay win a coveted Taste of the West Silver Award last year.

To start, a dish of grilled Lyme Bay mackerel on sesame and spring onion noodles with orange and soy reduction was perhaps least at home on the more traditional menu. That said, the fish was grilled to perfection and the delicate balance of accompanying elements rendered it aromatic without overpowering what might follow.

Then a generous portion of pork tenderloin wrapped in bacon with black pudding, sweet potato purée and caramelised apples was both innovatively composed and a real marriage of British flavours. Here Horley's mantra of country cooking with a twist was clearly displayed for all to see (and devour).

And for dessert, a cherry Bakewell tart with brandy and raisin ice cream was a delightful parting memory. The tart's subtle hints of almond rounded off with the unmistakable taste of home made ice cream took the dish to delicious new heights - making room for a third course here really shouldn't be given a second thought.

Perhaps the final comparison that can be drawn between Clavelshay Barn and the dwindling French model is the price. A visitor during the week pays just £20 for such a feast - when ingredients are on literally on your doorstep this is to some degree simply logic. Ultimately however, it forms just one of many reasons to visit the wonderfully quaint Clavelshay Barn, a place which represents an almost forgotten approach to dining where content over form is undoubtedly the order of the day. ■

Clavelshay Barn
Lower Clavelshay Farm
North Petherton
Taunton
TA6 6PJ

01278 662629
www.clavelshaybarn.co.uk



“ Sue Milverton
heads up the front of
house and possesses a
real knack for making
diners feel like dinner
guests rather than
customers... ”





chef profile

Name: Sam Moody
Head chef at: The Bath Priory
Originally from: Surrey

My nan was a fantastic cook and my dad a keen gardener so good food was everywhere at home. Sitting down together to eat great food was a normal part of family life for me growing up.

I did not start out with a plan to be a chef, I knew I loved food, cooking and eating it and so it seemed to happen from there.

I went to catering college when I was 16 and worked in a local hotel part-time. Food is something that should be taken very seriously and I have always worked hard to soak up as much as I can.

Being in the kitchen from a young age gave me a good grounding about what cheffing is all about.

My Head Chef made the hard work of a hot, busy kitchen sound so romantic. So I went to work for Steve Crane at Ockendon Manor and I stayed there for three-and-a-half years. I needed a new challenge which I later found at the Priory's sister hotel Gidleigh Park. That's where I really upped my game

Even though I have a background in fine dining, it's not the cuisine that appeals to me as much as the chefs I work with. It is great to be around people with incredible attention to detail and an enormous respect for the food in its raw form, rather than what we have created from it. The produce is the most important thing and that's what drives me.

Working with Michael Caines is hard but mind blowing. I am still learning a

temendous amount from him and he pushes himself harder than anyone I have ever met. It's vital as a budding chef that you see and experience that. We talk all the time and although he doesn't tell me what to put on the menus as Executive Chef he does have the final say.

The Bath Priory menus showcase what I learnt during my time at Gidleigh Park and the attention to detail that Michael instilled in me. I write my lunch menus weekly and they are influenced by seasonal produce and local ingredients, the style is very much my interpretation of the Gidleigh food experience which I still love and rate very highly. The Bath Priory dining experience is my take on a great style of cuisine and I am still developing it with my team, enjoying creating our own signature flavours.

The pace of life in the West Country is just right. People worry about the right things, they enjoy good food and eating out. The produce from the West country is incredible, the flavours are sensational. I source the best and have great relationships with local suppliers.

I've just had my 26th birthday so some people consider me young for the position I am in. In reality age doesn't really have anything to do with it. I have always taken my job seriously and that is how I have got where I am. Attitude is more important than age. ■

The Bath Priory
Weston Road
Bath
BA1 2XT

01225 331922
www.thebathpriory.co.uk

Withcheese.co.uk specialises in providing high quality products to go with cheese. We have found some of the very best food, accessories and gifts for you to enjoy with cheese.

You can order our products on line at www.withcheese.co.uk or come and see us at Henleaze Christmas Market on 8th December or on various dates at St Nicholas Nails & Food Christmas Markets from 29th November.

COMPETITION

Win an olive wood cheese board and some Avon Gorgeous chutney – look at www.withcheese.co.uk and tell us who makes our 'big cheese' of the month. E-mail info@withcheese.co.uk by the 30th November with your answer.



THE BATH SOFT CHEESE CO.

Beautiful award winning cheeses, hand-made on the farm and full of natural goodness from our organic herd of fresian cows.

Visit our

Cheese Shop

*at Park Farm, Kelston
(just 2 miles west of Bath on A431)*

The Bath Soft Cheese Co.

Park Farm, Kelston, Bath BA1 9AG

Telephone: 01225 331601

*Email: sales@parkfarm.co.uk
www.parkfarm.co.uk*

International
Cheese Awards
GOLD
Nantwich Show
2010

National Cheese
Awards
GOLD
Royal Bath & West Show
2010





The Fine Cheese Co.

Following on from the success of this year's Great British Cheese Festival, this month the country's top artisan cheese-makers are flocking to Milsom Place in Bath for a very special event...

At a time when so much in life is mass-produced and mediocre, Bath's well-loved Fine Cheese Co. offers a range of cheeses and cheese accompaniments that are best sellers in delicatessens throughout the country and indeed the world over. Over 150 artisan cheeses, 100 of which are British, with the remainder being imported from France and Italy, Spain and Holland, greet the thousands of visitors to the shop every year.

The Fine Cheese Co. – devoted supporters of the small-scale producer and the artisan who makes cheese in the time-honoured fashion – does not supply supermarkets as policy. Their cheeses come in their own natural wrapping, or they are wrapped in cloth or wax – most are unpasteurised too.

As part of their ongoing commitment to bringing good food to a wider audience, Milsom Place have invited The Fine Cheese Co. to host a festival this month with a programme of tastings, talks and the opportunity to meet 14 of the best artisan cheese makers from all over the UK. Among the star line up are David and Jo Clarke who make Sparkenhoe, the only unpasteurised Red Leicester in the UK, Charlie Westhead of Neals'

Yard Creamery who makes delicate goat's milk cheese, Mary Holbrooke from nearby Timsbury with her legendary goats' cheeses and top cheddar makers, the Keens. Hot off the press is the Golden Cenarth named Supreme Champion of Cheese at the British Cheese Awards last month too.

We are part of an unbroken chain from the cow to the customer," says Ann-Marie Dyas, co-owner of the Fine Cheese Co. "In the same way that we take great care of the cheese that is entrusted to us, the cheese maker use their skill in creating and caring for their cheeses." The whole of Milsom Place is entering into the spirit of the event with a special cheeseboard of British cheeses by the Moon and Sixpence and a display of the smartest cheese boards and knives by Quadri.

Director of Milsom Place, Sarah Mansfield comments "Milsom Place is delighted to support and promote artisan food producers. We're ideally placed for hosting events like this with our courtyards and street linking two of the major shopping streets in Bath and are delighted to have linked up with the Fine Cheese Co. to create such a strong line up of producers this month."

Xanthe Clay, The Telegraph's cookery writer will open the event at 10am. This is the fifth annual cheese festival at Milsom Place and is part of a series of food events which includes Chocolate Festival in December. ■

DON'T MISS YOUR SLICE OF THE ACTION!


Talks and demonstration times:

- 11.30am Mark Sharman from Sharpham Wine & Cheese
- 12.15pm Mary Holbrooke from Sleight Farm
- 1pm Mike Smales from Lyburn Farm
- 2pm Pete Humphries from White Lake Cheese
- 2.45pm Jo Clarke from Leicestershire Handmade Cheese Company
- 3.30pm Graham Padfield from Bath Soft Cheese

The Fine Cheese Co. Festival takes place at Milsom Place in Bath on October 30 and runs from 10am-6pm, admission free.

T: 01225 789040
W: www.milsomplace.co.uk





Our beef is from Aberdeen
Angus cattle and is reared
in the fields surrounding
our farm

Winsley, Bradford on Avon

BA15 2JB

01225 864948

theshop@hartley-farm.co.uk



To celebrate our new autumn menu we will be
offering a free cup of our freshly ground
coffee when you buy any slice of cake
throughout October.

Offer is available from 9am-12pm and 3pm-5pm
Monday to Saturday.

hartleyFarm
shop&cafe



Bart Cooks Packs, larger sized packs of herbs & spices, ideal for busy chefs & cooks

bartspices.com



Dubbed the Camden Town of Bath, no trip to the city would be complete without a visit to Walcot Street. This historic road offers its passing trade an eclectic mix of art, craft and independent businesses specialising in everything from antique furniture, vintage clothes, bicycles and handblown glass. Nestled amongst the bohemia sits the latest addition to the artisan haven: Made by Ben.

This little sandwich shop is right at home on Bath's street of independents. Owner Ben Sibbalb's father made regular stops at Harrods Food Hall on his way home from work, raising his son on a diet of the finest artisan ingredients. In time, he would dream of becoming the purveyor of these delicacies. "I had to beg, steal and borrow to get the shop open but I wouldn't be anywhere else," Ben enthuses. "I love Walcot Street, it's full of people who work with their hands. It's great to be a part of something so unique."

"I want people to come in here and be inspired. I'm so passionate about independents and their produce that I want people to try it and think twice. I go the extra mile to pick the best produce so people don't necessarily have to." Whatever features in his sandwiches can be bought from the shelves that line the back wall, including an impressive selection of loose-leaf teas and Lazy José coffee.

Within the space of one month, Ben racked up an impressive 40,000 miles all within a 40-mile radius from his home to source the best suppliers possible. Highlights of his careful consideration include bread from The Bertinet Kitchen, cheese and fish from The Smoke House in Chew Magna, Wescombe cheddar, Valrhona chocolate and not forgetting of course his wife's, mother's and mother-in-law's delicious homemade cakes and quiches.

Many a restaurant owner can be seen popping in for a hot smoked salmon, beetroot and horseradish sandwich and delicious coffee, and in a city that prides itself on its boho café culture, you couldn't really ask for a better endorsement of its newest addition.

Made by Ben
100 Walcot Street
Bath
BA1 5BG

01225 319999
www.madebyben.co.uk

flavour
drops by...
made
by ben

josceline dimbleby

Josceline Dimbleby is a jewel in the British culinary crown but according to **Helen Aurelius Haddock**, she is quite the enigma too. She has long held her place among the country's most respected food writers yet she has rarely appeared on the television...

So what has made her so well known to us? Aside from being the daughter of leading political broadcaster David Dimbleby, it was quite simply down to Sainsbury's. Back in the late 1970s, the wife of chairman John Sainsbury owned a copy of Josceline's *A Taste of Dreams*, and such was the impression it made on her that Josceline was singled out for this groundbreaking new project: cook books on sale in a supermarket.

Sceptics would have seen this as a direct marketing ploy to up the sales of the little known exotica that she was using long before anyone else. In fact, it was quite the opposite. She reminisces with fond but frustrating memories of the limited range of specialities on sale at the time in their dull brown bottles – mixed herbs, paprika and one or two others comprised the herb and spice section at the time. "Naturally I had to be quite insistent that Sainsbury's sold all the ingredients that were featured in my recipes," she says. No doubt a decision they've never regretted to this day.

She's tucked well over a score of cookery books under her belt, including her *Sainsbury's Cooking For Christmas*, which preceded even Delia's attempt some years ago. The popularity of her *Marvellous Meals With Mince* saw it reprinted ten times. She sagely confessed however that there comes a time when penning recipes for a particular season has been done many times before. And so Josceline turned her hand to writing historical biographies, moving away from the world of food for a

time and allowing her to return with a renewed sense of vigour.

Being convinced by her publishers to write about food again, the resultant *Orchards In The Oasis* is a wonderful collection of recipes recounted through her travels around the world, illustrated by vintage family snapshots taken in far-flung places.

From the remote Andes to rural Devon, crumbling of the Raj of India to cosmopolitan New York, she places before us the dishes she experienced, offering a glimpse of food cultures as they were then. Lemon pudding, cheesy fish cakes and chicken in the orchard pie sit comfortably alongside yazd honey cakes, chicken firuzabad and Gujarat aubergines and tomatoes.





“From the remote Andes to rural Devon, crumbling of the Raj of India to cosmopolitan New York, she places before us the dishes she experienced, offering a glimpse of food cultures as they were then.”

“I hate being told what to do,” she confided, and following recipes to the letter is something Josceline has never done. She claims never to have cooked the same thing twice as she twists and turns ingredients and methods to conjure up something new from the ashes of the old. The food is nestled between her personal travelogues, inviting the reader to dine in the many countries of her colourful life. She has revisited these ports repeatedly over the

years, rekindling her love of the food there and capturing it within the book’s vivid pages.

If you want to share a smudged page from her diary as a young girl or see her at home holding her freshly steamed Christmas pudding, *Orchards In The Oasis* will unfold an unparalleled food journey, allowing you to cook from the eclectic canon of recipes she has gathered along the way. ■



‘Orchards in the Oasis’ is available at all good bookshops. Published by Quadrille. RRP £25



London calling... Blakes Hotel

Blakes Hotel
33 Roland Gardens
London
SW7 3PF

0207 3706701
www.blakeshotels.com

Blakes. A boutique hotel tucked away in the heart of South Kensington, is known for its fierce protection of A-list celebrities from the flashing lights of pestering paps. Sharon Stone, Martin Sheen and Liam and Patsy are among those who escape from the modern realities of an intrusive London life to a hotel offering a private interlude; where decadence and drama can be found by the Champagne bucket load without a Nikon in sight.

I couldn't help but marvel over the young, hip fashionistas who had trodden the rustic

wooden floor before me. It's a sure bet that Posh Spice wouldn't arrive to a reception area like I did with the grace of a bull in a china shop yet the staff were cool and capable. As soon as my luggage left my hands and I was shown through to the room, I started to feel like my world and that of Mrs Beckham's were not so far apart after all.

Each room in Blakes has an ego. They are stylish, daring and rude, each with a decadence which is sure to bedazzle. We live in a celebrity culture which is at times

be trashy, but most of us take a guilty pleasure in satisfying our cultural tendency for voyeurism. Being spies to a lifestyle that we know we should keep our noses out of is naughty but nice. This defines Blakes Hotel and staying here is an excuse to indulge and enjoy something that doesn't quite fit with the world outside the oriental-shutter blinds.

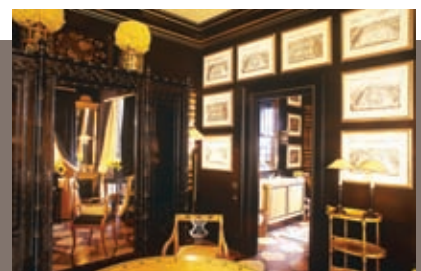
The private lounge of dark purples, blacks, golds and mahogany screams opulence and sensuality. The four-poster whisper seduction and privacy. Burnt orange and black pinstripe silk curtains cocoon the Kingsize bed as well as hiding any available window that dares to allow a glimmer of light in.

Blakes has a hold on its occupants. If you manage to escape its clutches you are in a perfect London hot spot, close to hundreds of attractions that many have spent the globe-trotting to get to. Anouska Hempel's design brings touches of far-off lands to you

with impeccable attention to detail: China, India, Turkey and Russia are at your fingertips, one room at a time.

The menu has a strong Eastern influence with touches of the West. The cuisine, devised by Anouska Hempel herself was enjoyable but that almost wasn't the point. The purpose of the food is for it to be admired and thought-provoking. The soufflé Suisse was my chosen starter. Coming out the size of a rugby ball turned on its tail was an achievement that no amount of WI meetings could cater for. Spooning in, it was a flawless example; hot melted cheese and egg filled air. The charred tuna with miso Dijon dressing and green tea noodles with a side of truffle mash was perfectly tasty if not a little aesthetically confused. Although this is not my preferred way to dine, it just couldn't be any other way for a place like Blakes, and so be it.

Nothing about this place is practical, but why would you want it to be? You don't



come to Blakes because of speedy broadband, prompt service and an excuse to slouch with trainers on. The dress code, along with everything else, is sheer glam. Pull out your most impractical shoes, don your favourite party dress and feel free to swivel about with a chilled glass of Champagne or fruity Bellini, just because you can. There's plenty of time for the real world so just before you step back into it, with or without a large pair of sunglasses and a fishlike pout, enjoy the chance to escape it every now and then. Blakes is a good place to start. ■

THE LOVELIEST
FISH & CHIPS
IN THE
SOUTH WEST!

PAPA'S

FISH RESTAURANT AND TAKEAWAY



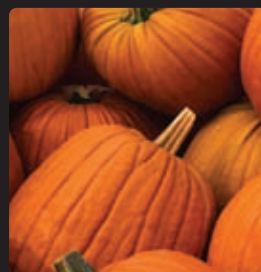
Independently voted by
Daily Mirror readers as the
Best Fish & Chips in the South West!

Recent winners of
The Regeneration Partnership
and Weston Mercury and
Star FM's Business of the Year
Award

Papa's Fish Restaurant and Takeaway ~ 20 Waterloo Street ~
Weston-Super-Mare ~ BS23 1LN

Telephone: 01934 626565 ~ Visit: www.papasukltd.com

Lovejoys Wholesale



- Fruit
- Vegetables
- Dairy
- Bread

Quality ingredients for restaurant kitchens in the West
Wilts and Bath area. Local produce grown exclusively for us
including specialist crops.

*'If you are passionate about your food we'd
like to talk to you'*

01225 708838

www.lovejoyswholesale.com



demuths
restaurant
positively vegetarian

vegetarian cookery school

Interested in learning how to cook
creative vegetarian food? Then come
and join us in the beautiful city of Bath.

A Gift Voucher is a perfect present
for a birthday, Christmas or any
special occasion.

Vegetarian Cookery School, 6 Terrace Walk, Bath BA1 1LN
Bookings 01225 427938
Email us @ vegetariancookeryschool.com
www.vegetariancookeryschool.com



The Blue Bowl Inn Country Pub & Restaurant

Good food, well kept ales
and a warm welcome!



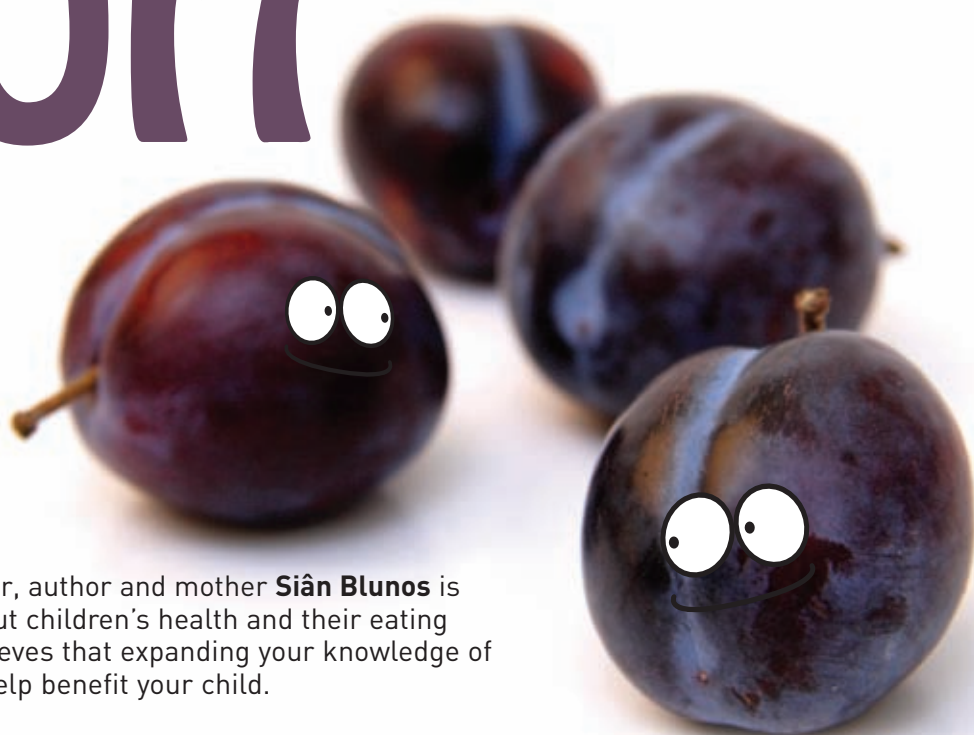
The Blue Bowl Inn, Bristol Rd, West Harptree BS40 6HJ

Tel. 01761 221269

www.thebluebowl.co.uk

Book now for Christmas!

KNOW YOUR FRUIT



Chef, food writer, author and mother **Siân Blunos** is passionate about children's health and their eating habits, and believes that expanding your knowledge of food can only help benefit your child.

PLUM CRUNCHY CRISP

750g ripe plums cut in half and stoned
125g unsalted butter
75g porridge oats
40g flaked almonds
70g flour
75g Demerara sugar
2 tsp corn flour
50g pumpkin or sunflower seeds
1tsp of ground cinnamon or cardamom

- 1 Pre heat oven to 180 °C / gas mark 6 and melt the butter.
- 2 Mix oats, almonds, seeds, flour, ground cinnamon or cardamom and sugar together and stir in the melted butter.
- 3 Put the plums into a baking dish and cover the crisp topping with the mixture.
- 4 Bake in the oven for 25/30 mins and serve with vanilla ice cream, custard or clotted cream.

A stone fruit, plums belong to the extensive Prunus family whose siblings include the cherry and the peach. Believed to have originated in Asia, there are thousands of varieties of plums that are available throughout the world, ranging in colour from red, blue-black, purple, yellow, green and amber.

Plums are a perfect lunch box addition; filling and nutritious they will help raise blood sugar levels to give an extra boost during the day as well as being a great source of fibre. Packed full of vitamins including vitamin C, which enables the body to form collagen for stronger bones and vitamin A, which is important for healthy vision. Perfect for growing bodies!

Plums are just as healthy when eaten in their dried form. The prune is packed full of antioxidants, helping to aid digestion and cleanse the immune system. These are also an excellent fruit for those that suffer from anemia as they help in the production and absorption of iron in the body, leading to better blood circulation and healthy tissues.

Enjoy your harvest of plums fresh or stewed or indeed in a delicious jam for pies

and cakes.

Plums are equally as delicious in savoury dishes such as sweet and sour chicken, stews and stuffings. Here however is the perfect recipe to get you started with the autumn glut of picked plums. ■

COOKING FOR COCO



Like most busy mothers, Siân wanted to feed her baby well, but didn't have a lot of free time on her hands. Her solution was to develop recipes using a wide variety of fresh, available foods, which could be batch-cooked and used to stock the freezer. Now, she always has a range of delicious dishes on hand, and you can too. With a little care and planning you can give even the youngest of children the experience of good, fresh food, which is tasty and nutritious.

To order a personally signed copy of *Cooking for Coco* for only £8.50 (including postage), RRP £9.99, email sian@blunos.com

cross guns



A regular contributor to CAMRA magazine *Pints West*, **Duncan Shine** champions the virtues of real ale and traditional cider. He's also editor of the website britishpubguide.com

What is it that makes the quintessentially British traditional village pub? Is it a building with bags of history, a rabbit warren of interlinked rooms, with low ceilings and oak beams? Or perhaps it's a pub in the sort of village where cars struggle to move about the narrow roads, so everyone seems to walk or cycle? Maybe it is situated in a beautiful lush green valley with a river running along the bottom of the pub garden? Or perhaps the pub should stand beside a canal with narrowboats and barges sauntering past? Of course it would definitely offer fine ales, brewed locally.

Or maybe, to be truly representative of all that is best about the British village inn, it should boast all of the above and more. Well, tucked in the Avon Valley a couple of miles west of Bradford-on-Avon, the Cross Guns at Avoncliff is one such pub.

The central part of the pub dates back to the time of Henry VIII, but it did not become an inn for perhaps 120 years, when it was extended to the East, and became known as the Carpenter's Arms. There was a ford across the River Avon nearby in those days, so there was much passing trade.

The construction of the Kennet & Avon Canal between 1794 and 1810 saw the spectacular Avoncliff Aqueduct built just yards from the pub, and soon the additional trade from boats travelling from Bristol to London and back necessitated the building of a further extension at the western end of the building (now the snug).

When the Wiltshire Rifle Volunteers set up a shooting range alongside the canal at the end of the 18th century, the Carpenter's Arms became the Cross Guns in honour of this new Yeomanry. These days the Cross Guns caters mainly for canal visitors, tourists and dog walkers. Inside is like stepping back in time. There is a gorgeous inglenook fireplace and, behind a green velvet curtain, the entrance to what is believed to have been a Priest's Hole, perhaps installed to protect Catholic clergy.

The bar area now ranges to your left as you enter, and all along it are pump clips from the local Box Steam Brewery, plus one or two guests, with the beer selection carefully planned to suit a variety of palates. Expect at least one dark bitter or mild to be available, as well as a wide

The Cross Guns
Avoncliff
Bradford-on-Avon
Wiltshire
BA15 2HB

01225 862335
www.crossguns.net





→ flavour cross guns

variety of traditional ciders.

Outside is a terraced garden and eating area. Two rows of tables (some under cover) near the top of the steep steps are ideal for alfresco dining while you look down on a more haphazard lawned area, with more tables and chairs, which runs right down to the river. There are invariably hungry ducks dabbling on the water, and often a heron fishing in the shadow of the mighty aqueduct.

Food is available at lunchtimes and evenings, but it can get very busy at weekends and in the summer so it is advisable to allow plenty of time so you can relax and enjoy the meal. Although shown off to its best advantage on glorious summer days, the Cross Guns is well worth a visit at quieter times of the year, with the valley at its most beautiful in autumn, and the fire at its most welcoming during the long winter months. ■

The Cross Guns is on the Kennet & Avon Canal with moorings available close by, as well as the National Cycle Trail (bicycle parking at the pub). It is a 20 minute walk from Bradford-on-Avon. Avoncliff Railway station is right across the aqueduct, with regular request-stop trains.

Raise a glass to...

From Colerne in Wiltshire

Box Steam Cog (4%)

This is a traditional best bitter that looks as good as it tastes. It has a lovely dark amber richness that looks divine held up to a real fire. The aroma is surprisingly gentle for such a dark beer, and the lingering flavour is more hops than malt.

Box Steam Dark & Handsome (5%)

A strong dark ale with a hint of those old sweet shops where you bought things by the quarter pound! Definitely blackcurrant in there, and lemon, even liquorice allsorts. But all presented in a smooth and creamy beer. Gorgeous.

Box Steam Golden Bolt (3.8%)

Named after a solid gold bolt purported to have been used by Brunel in his bridge at Saltash, this is a real session bitter. Not too strong, with a pale golden haze to look at, and pure hops in the finish.

Box Steam Funnel Blower (4.5%)

A porter (think stout but less filling) that perfectly illustrates the term 'bittersweet'. The roasted barley and malt give it that classic British 'bitter'



taste, and yet at the same time there is a hint of sweet vanilla. Perfect for crisp autumn evenings.

Codrington Codger (4.2%)

From the Cotswold Spring Brewery in Dodington in Gloucestershire. A guest beer, copper-coloured with a real crisp feel to it. It's dry, but at the same time very refreshing. Just a hint of hops in the aftertaste.

10 questions with...

Greg Wallace

We talk with co-host of Masterchef, a programme that's grown into one of the UK's biggest hotbeds of undiscovered cooking talent...

What made this year's Celebrity Masterchef winner Lisa Faulkner stand out from the competition?

She was the best cook. People are surprised that it's nearly always men who win amateur Masterchef then they're equally surprised that it's women who do well in Celebrity Masterchef - it's always the best cook who wins and has nothing to do with their gender really.

What are some of the best (and worst) dishes you've sampled on the show?

The best one was probably also the most simple - Stephen Wallis' Poire belle Hélène which is such a beautiful dish. One of the sillier ones I saw was a lady saying she was going to make a sweet potato soufflé by slicing King Edwards potatoes and sprinkling sugar on top!

If you could only work on Masterchef, would it be amateur, the professionals or celebrity?

Definitely the amateur one - I just love to see members of the public fulfilling their dreams,

Of the amateurs, who has most impressed you over the years?

John [Torode] and I say how the standard keeps on getting higher and it does. I think Dhruv Baker is such an exceptional talent, but then Mat Follas before him was very, very creative too. We've had them cooking on stage on Masterchef LIVE and the stuff

they come up is just stunning.

Are your co-hosts John Torode and Michel Roux Junior very different to work with?

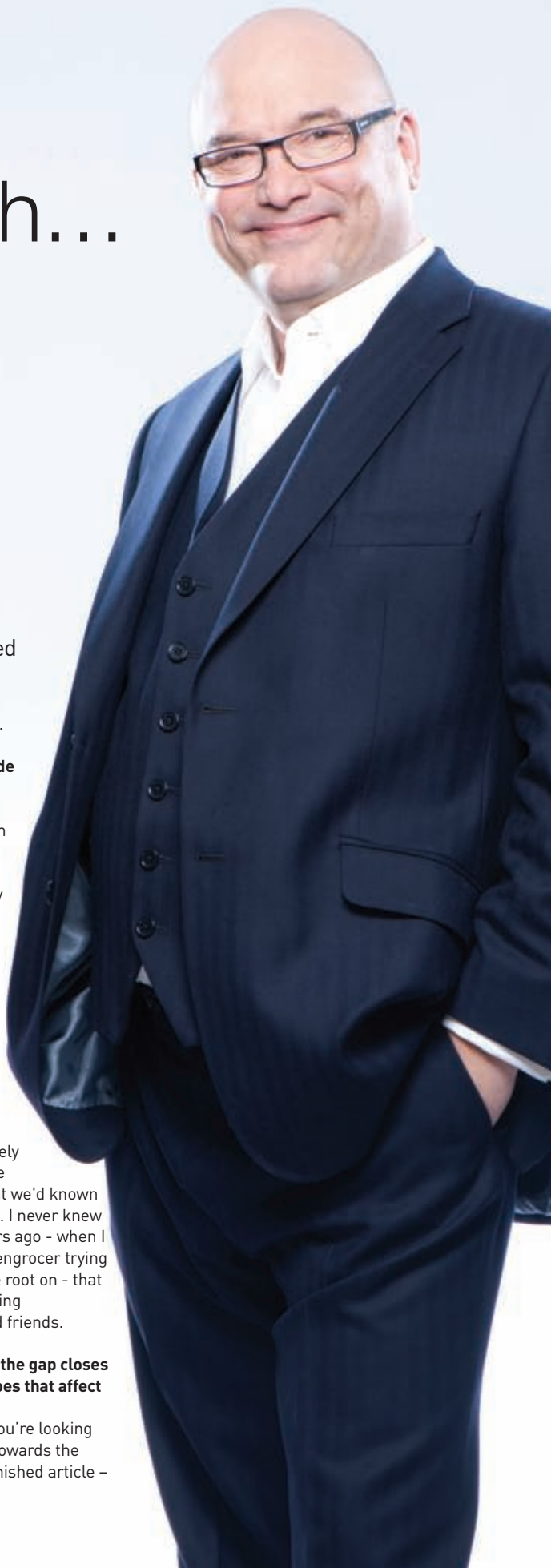
Yes - because they come from very different backgrounds. Michel was brought up in a very disciplined French family and John Torode was brought up in big egalitarian dining rooms in Australia. My taste falls smack bang in the middle - I use and enjoy both their restaurants depending on the experience I am after.

How did you come to work with John?

We were approached separately to be on the show, without the production team realising that we'd known one another for over 20 years. I never knew when I met him all those years ago - when I was running around as a greengrocer trying to find him coriander with the root on - that we'd end up in such a rewarding partnership and as such good friends.

As each series develops and the gap closes between contestants, how does that affect the judging criteria?

I think in the earlier rounds you're looking for potential, and as you get towards the final, you're looking for the finished article -



there comes a point where potential has to stop and delivery has to begin.

Are you looking for contestants who can forge a career beyond the series?

We need them to have the skill set, the touch and the palate that a head chef might have, without necessarily the ability to run a brigade. We're basically looking for someone who can taste finished dishes in their head with a bunch of raw ingredients in front of them.

What can we expect from Masterchef LIVE in November?

This year John and I are actually cooking a three-course lunch between us and we're also going to be passing on some of our skills – I'll be showing people how to make a sponge pudding which I'm really looking forward to.

You supposedly have a weakness for all things sweet – is this true?

All kids have a sweet tooth and I never lost my absolute delight in something sweet and sticky!

“ I never knew when I met him [John Torode] all those years ago – when I was running around as a greengrocer trying to find him coriander with the root on – that we'd end up in such a rewarding partnership... ”

Gregg Wallace will be at this year's Masterchef LIVE, featuring exciting live demos, previous show winners and participants from the past and current TV series. The event takes place 12-14 November at Birmingham NEC, visit www.mastercheflive.com for more information.



EVE'S PUDDING

Worth sinning for: light fluffy golden apple hidden under a sweet sponge topping. Lucky old Eve is all I can say.

Serves 4

Ingredients

500g cooking apples, peeled, cored and thinly sliced
50g soft light brown sugar
125g butter, plus extra for greasing
125g caster sugar
2 eggs
125g self-raising flour, sifted
1 tablespoon hot water
Custard or cream to serve

Method

1 Grease a 1.2 litre shallow ovenproof dish. Arrange the apples in the dish and sprinkle with the brown sugar.
2 Beat the butter and caster sugar together in a bowl until pale and fluffy. Add the eggs, one at a time, adding a little flour with the second egg. Fold in the remaining flour, then the hot water.
3 Spread the mixture evenly over the apples and bake in a preheated oven, 180°C (350°F), Gas Mark 4, for 40-45 minutes until golden brown. Serve with cream or custard.



Cotswolds 88 hotel & Restaurant

Experience world class food in The Eighty Eight Room
created by renowned chef and winner of 'Cotswolds Life Chef of The Year 2010', Lee Scott.

Set Menu Lunch Offer!

2 courses of the set menu £12.50 (available Monday to Saturday)

Book now for your Christmas Party, Christmas Day Lunch and New Year's Eve!

Open Monday-Sunday for breakfast, lunch, dinner, traditional Sunday roast and the ultimate afternoon tea.

T: 01452 813688 E: reservations@cotswolds88hotel.com W: www.cotswolds88hotel.com
Cotswolds88hotel, Kemps Lane, Painswick, Gloucestershire, GL6 6YB

Cricklade House, Common Hill,
Cricklade, Wiltshire, SN6 6HA

T: 01793 750751
E: reception@crickladehotel.co.uk
www.crickladehotel.co.uk



The 46-bedroom Victorian country house stands in 30 acres of grounds with panoramic views across Wiltshire. With a restaurant, nine hole golf course, extensive conference facilities, tennis courts, health spa, gym and indoor swimming pool, Cricklade House is an ideal venue for every occasion.

Breakfast, lunch, dinner and bar snacks available 7 days a week under the direction of award-winning Executive Chef, Lee Scott, formerly Head Chef of Gordon Ramsay's Savoy Grill.

LUNCH MENU SPECIAL OFFER 2 Courses for £12.50 (Monday-Saturday)

PAY & PLAY

£9 for a round of golf. Enjoy a bacon sandwich & a cup of tea after your round for £5.50